

ELK POINT PUBLIC LIBRARY
RENEWAL DATE: February 1, 1995
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SEE YOU AT
CHRISTMAS
EXTRAVAGANZA

December 2

6:00 p.m. to 11:00 p.m.

Ambulance meeting Dec. 2

Representatives of all municipalities served by Elk Point and District Ambulance, as well as representatives of First Nations and Metis communities and the three major oil companies, have been invited to attend a meeting of the Ambulance Committee in Elk Point on Friday, December 2.

The meeting will explain the cost factors in keeping an Elk Point based ambulance service. Mayor Buck estimates \$90,000 per year, plus the fees paid by the hospital for transfers, to keep the current service going, based on a budget presented by Fred Lambright at an earlier meeting.

Setting up a satellite station of St. Paul Ambulance in Elk Point would be costly, involv-

ing housing for both personnel and vehicle, salaries and maintenance costs adding up to roughly \$300,000 per year, without taking into consideration any capital expenditure, the committee heard at their November 9 meeting.

A third option of serving Elk Point from St. Paul was mentioned at that time, but in addition to paying a share of capital cost and deficit, the community would have to deal with increased response time.

Mayor Buck said at last Monday's Council meeting that looking outside of the community for ambulance service might lead to the deterioration of Elk Point's hospital service.



TOWN AND COUNTRY HOG SPIEL WINNERS - Two St. Paul rinks kicked off Elk Point Curling Club's bonspiel season by taking top spots in the Grand Challenge event of the Town and Country Bonspiel. The Alberta Treasury Branch trophies were presented by Monique Penz to (left to right) Jim Penz, Ollie and Walter Zapisocki and Maria Leskiw, who beat out (front, left to right) Cliff Martin, Bill Buryn, Rod Randall and Real Gratton in an exciting tie-breaking final end. More winners on Page 2.

Town will cover FCSS deficit

Elk Point Town Council has agreed to a request from the FCSS to cover their \$1160 shortfall for 1994, but Mayor Buck was adamant that this was "the last bailout," and that FCSS will have to live within their budget from here on.

Buck explained to the recently expanded Council that FCSS became autonomous this year, and had received transition funding to help ease the change to self-sufficiency. FCSS now does their own budgeting, but found themselves short of funds to cover holiday pay which had been earned in 1993.

If the Town had not been willing to cover the deficit, FCSS would have found it necessary to close their office for part of December to operate within their budget.

The mayor feels FCSS would save money by focusing more on the community rather than going to such events as conferences. "They're going to have to change their direction. If FCSS is handled right, it can be a definite benefit to the community."

Last year, FCSS, then Community Services, was \$2300 over their budget at year end.

Town Council appointed Bill Schuhmacher as the Town's alternate delegate to the St. Paul /

Smoky Lake Community Futures Board, to attend in place of Dave Yake when required.

All three readings were given to a bylaw amending the bylaw passed earlier this year to allow borrowing of funds for curb and gutter. The amendment was necessary because lesser funds were required than had been approved at that time.

All three readings were also given to a bylaw allowing the Town to do the required assessment for 1995 taxes.

Council agreed to approve a move to allow utility users to pay their bills via 'any time banking.'

Mayor Buck expressed a feeling that Council should be approached for comments prior to approval of applications of Community Enhancement Grants.

Council was asked to give thought to the possible reduction of the size of Council to five members, since this now is possible under the revised Municipal Government Act. The mayor felt this is a workable option, and "if there were less people on Council, there would be a tougher fight for seats."

Extravaganza set to go Friday

A gala evening of family style fun, including outdoor skating, horse drawn hay rides, hot chocolate around the bonfire, and visits with Santa, is in store for Elk Point and district this Friday, as the Elk Point Chamber of Commerce presents their annual Christmas Extravaganza.

Hardworking volunteers have put in many hours to create the skating rink on property kindly loaned by Doug and Donna McPherson, located at the corner of 50th Avenue and 50th Street, and Alberta Power has just installed temporary lighting. Now all that's needed is enough cold weather to get the ice in top shape for Friday.

Four teams have been lined up for the horse-drawn hay rides, courtesy of Morris Irvine, Roy and Randy Scott and Ralph Hallwachs, who will serve as a shuttle bus between residential areas as well as taking riders for a scenic tour of the community. Rides will cost \$1 per person. Any residents who have their Christmas lights up are urged to turn them on that evening and help the community look its best.

A roaring bonfire, presided over by the Elk Point Fire Department, will be located near the skating rink. Santa Claus will be in that same area from 7 to 9 p.m., and a photographer will be on hand to take pictures, which will be available for a nominal fee at Stedmans at a later date.

Elk Point Lioness Club will be on hand to serve up free hot chocolate, and if you feel the need of a snack, they will also be selling hot dogs.

Make sure the kids pick up a Christmas stocking at the Elk Point Elementary School or at one of the participating busi-

(Cont. on pg. 2)



SECOND EVENT - Wozniak Bulk Fuel Sales trophies were presented by Don Andersonto (l-r) Leonard Gadowski, Tom Hunter, Craig Lee and Dean Kozicki, who won over (front, l-r) Carol Leach, Sherry Piquette, Toni Graus and May Noel.



THIRD EVENT - Dave Yake presented Hillside Service trophies to (l-r) Steve Penz, Don Anderson, Brent Becker and Ron Ballas, who won over (front, l-r) Dale Botting, Kent Boyd, and (not shown) Cathy Botting and Sheri Durnin.

RCMP Ball to support charities.

Elk Point's social season will definitely not end with New Year's Eve this winter. By February, everyone will be rested up and ready for excitement, and the Elk Point RCMP Ball will provide that, while helping local charities at the same time.

Called the 'Charity Sweetheart Ball' and slated for February 11, 1995, it's a chance to dress your best and enjoy a full banquet, then dancing to the wee hours to the music of The Spirals. Spectacular door prizes are also on the agenda. Make a date with your sweetheart now for this very special occasion.

Tickets are available from the RCMP Detachment, call 724-3964. All proceeds go to local charities.



Extravaganza set to go Friday

(Cont. from front pg.)

nesses, and decorate and return it to enter the Kids' Draw. Prizes will go out to one child in each age group: 4 to 6, 7 to 9 and 10 to 12.

The Christmas Extravaganza offers shoppers an opportunity to save at the many sales that evening. Purchases at any of the participating business will entitle the shopper to enter in-store draws as well as to qualify for grand prizes of \$300, \$200 and \$100 in Elk Point Bucks, which will be drawn for at 11:00 p.m. The Elk Point Bucks are redeemable for merchandise or services at any of the participating merchants, until January 15, 1995.

26 more Shopping Days left till Xmas

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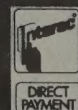
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Dealing with conflict

Conflict is normal in relationships. Because each person is unique, whenever two or more persons live together, differences of perception, interpretation of events and opinion will be inevitable.

There are four main ways to deal with conflict:

1. Flight:

Running away from any sign of disagreement; refusing to acknowledge or talk about differences. This is appropriate when the time and/or place is not right for dealing with a particular problem. It is particularly appropriate when safety is at stake. It is not appropriate as a general style of dealing with conflict because it prevents settling of difficulties and results in a build-up of bad feelings, as disagreement piles on top of disagreement.

2. Diversion:

Delaying discussion by deflecting attention away from the problem by changing the subject, criticizing, keeping issues unclear or unacknowledged. This too is appropriate if safety is at stake. It is also appropriate if one needs time to think or the time and/or place is not right for dealing with the problem. It is not appropriate if used all the time to avoid dealing with problems.

3. Fighting:

Imposing one's will on another person in whatever way it takes to do that; usually by using verbal abuse or physical violence. Fighting is usually a reaction to feeling threatened. It is never an appropriate way to resolve a conflict. People get hurt. Victories are

hollow and unless the opponent has no will at all, short-lived. The conflicts do not get settled. They just go underground and smolder.

4. Constructive Conflict

Resolution:

Resolving conflicts with actions that are mutually satisfying. Constructive conflict resolution allows problems to be dealt with directly and positively instead of being avoided or covered over. It requires the ability and willingness to figure out the real source of the conflict; initiate constructive action and communicate in positive ways until the problem is solved.

Constructive conflict resolution will only work if both persons genuinely want to resolve the conflict. If one or both persons are only interested in winning or maintaining control, then it won't work.

Step 1: Figure out the real source of the conflict

Is the disagreement about fact, perception or opinion? If it is about fact, check it out with some reliable sources. If it is about different perceptions, be aware that everyone has a unique way of perceiving the world. If it is a difference of opinion, know that people's opinions are based on their values and the real source of conflict may be grounded in a difference of values.

Step 2: Decide whether this is the right time to deal with the conflict

If one or both persons is too upset or if it is not the right place or there is not enough time to work through to a solu-

tion, postpone dealing with it. But do not postpone indefinitely. Agree on a time to deal with the problem, and deal with it then.

Step 3: Search for agreement together

(a) Listen to each other

When the other person is speaking, give your whole attention to what s/he is saying, both the actual words and the feelings behind the words. Do not think about your own feelings or what you are going to say next, while the other person is speaking. If this is difficult to do, make a rule that each person must say what s/he believes the other person is saying and feeling and have it checked out for accuracy before expressing his/her own self.

(b) Check what you think you heard

There is a saying that describes how complicated communication is: "I know that you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant."

Always be sure you are understanding the other person. Do not assume you do. It is best to check out your assumptions before proceeding. Many disagreements are based on wrong assumptions.

(c) Stay on the issue

Avoid the pitfalls of bringing up past issues, mind reading and name calling.

(d) Consider many alternative solutions and choose one together to try. If it does not work, choose and try another until both of you are satisfied.

Remember:

A good relationship is not one without conflict. It is one in which the participants can resolve conflicts so that no one is hurt or oppressed; so that everybody wins.

(Source: Office for the Prevention of Family Violence)

WELCOME!

A special welcome to Dennis and Alice Dreilick, who have recently moved to Elk Point. We hope you will enjoy the facilities, hospitality, services, and friendships that the Elk Point community can offer.

(Continued on p. 8)

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ADVERTISING DEADLINE

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ALL DRESSED UP FOR CHRISTMAS - were these friendly little folks who were part of the merchandise offered by F. G. Miller High School Craft Sale co-organizer Donna Gulayec at Saturday's well-attended event.



DECISIONS, DECISIONS - Leona Moneta ponders the many choices of goodies offered at the Ukrainian Dance Club's Bake Sale, November 19.

Play is FUNdamental Questions facing parents.

As technology and society change, parents face some tough decisions about their children's play. Your own observations of children's play, and the guideline here may help you make good decisions about play choices for your children.

What toys are educational? The more the child can do with the toy, the more likely it is to be truly educational. Children need to learn a lot about people and how things work before they are ready to count and learn to read. Make sure you offer play materials that give children choices and room to explore. Even a good primary school program bases its curriculum on play, not paper and pencils.

Is superhero play good for children? A little of it probably is. It can give children a sense of power and strength, of doing good deeds. But it can also escalate into hurting and out-of-control violence. Some adult direction may be needed to help children maintain control.

Should children play with guns? This question is loaded with considerations about personal values that each family

must resolve and then discuss with their children in ways the children can understand. Parents might consider ideas such as these: Guns may be appropriate for hunting some animals. But what children see on television each day are guns being used to kill people. Such weapons would be no more appropriate for children than pretend poisons, or pretend bombs, or pretend electric chairs. What do you want your children to learn?

How much television should children watch? How much and what children watch are equally important. Some shows, such as nature specials or 'Mister Rogers Neighborhood' can be positive learning experiences for children. Children learn best from testing out ideas and interacting with people and objects. Do the programs your children watch provide these opportunities?

Won't doll play make my son a sissy? We used to think that some play was just for boys, and other kinds of play were just for girls. But the world doesn't work that way anymore. Fathers are finding out just how wonderful it can

be to really be involved with their children. Practicing this in childhood is a good beginning for a lifetime of satisfaction in parenting.

Are computers good toys? Look back at the criteria for play. If you child actively enjoys using a computer some of the time for writing stories or playing games, it probably is not harmful. A steady diet of nothing but war games, on the other hand, probably will not help your child to grow up to be the kind of person you would like.

What about battery-operated toys? These toys seem to fascinate adults, but children usually are bored rather rapidly. They would much rather drive the car or talk for the doll. Spend your money elsewhere.

What rules do children need when they play? As few as possible to foster productive play. Most problems with play are covered by these three simple rules:

1. People are not for hurting.
2. Conflicts are resolved by talking.
3. Everything must be returned to its proper place.

Children learn...

- cooperation
- problem solving
- language
- mathematics
- ...and develop...
- curiosity
- self-esteem
- strength and coordination
- self-direction
- values

...when we enrich their play.

Children's time has so many demands placed upon it: piano practice, homework, helping around the house, swimming lessons. While a few structured activities are part of growing up, parents and teachers need to make sure that young children have lots of time to play, a safe space to play in, and friendly people to play with. Play is indeed FUNdamental for children.

A special series for the Year of the Family (Conclusion).

The Family Forum

By Jim MacLellan

How do you respond to pain? I mean emotional pain. Maybe I want the person who hurt me to hurt too! Maybe I want them to be sorry for the pain. Maybe I want revenge. Maybe I...! How do you respond to pain?

Dr. Larry Crabb, in his insightful book, *Inside Out*, gives us some roadside directions, as we drive through the highway called pain. Here are some suggestions:

1. Understand that because of sin, pain enters all our relationships.
2. Pain is usually a profound sense of disappointment.
3. Overly protecting self

doesn't help ease the pain.

4. Moving toward others in a loving relationship can actually start to heal pain.

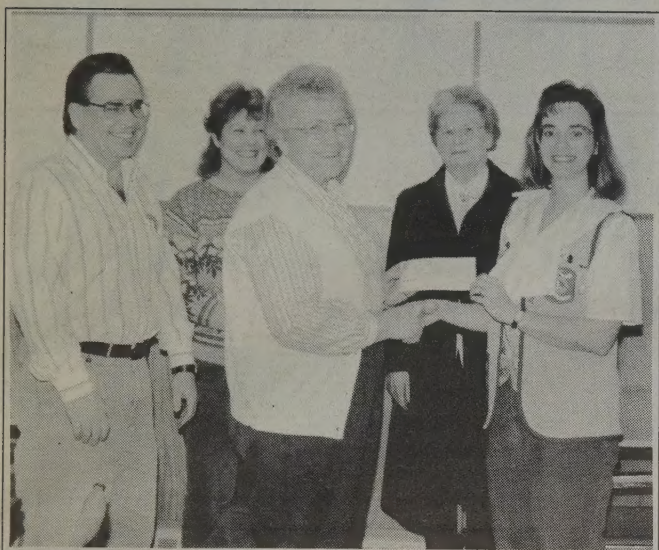
5. Knowing God's love personally can help us face disappointment in others, and eventually free us.

6. Accepting disappointment as part of life frees us to be loving instead of demanding.

7. Allowing God to be our deepest and most meaningful relationship, will free us to love ourselves and others.

Learning to grieve; learning to walk down painful roads again; learning to trust; learning... is life. How will you respond to your pain?

Skate... Shop... Visit Santa... Enjoy a Hay Ride... Check out the Farmers' Market...
This Friday, December 2, 6:00 to 11:00 p.m. at the Elk Point Chamber of Commerce
CHRISTMAS EXTRAVAGANZA



FIREWORKS DONATION - Holly Astill of Elk Point Lioness Club presents the First Night Committee - Jim MacLellan, Terri Ehler, Margaret Modin and Violet McFadyen - with a donation toward the New Year's Eve fireworks display.

Skaters, hockey players contribute to cookbook

The children of Elk Point and surrounding area can be very proud of a wonderful Christmas gift idea they have produced. Over the summer and early fall the children in Elk Point Minor Hockey and the Elk Point Skating Club submitted their favorite recipes which have now been compiled into an attractive cookbook which they are offering for sale in time for Christmas gift giving.

"All Our Favorites" by Elk Point Arena Kids makes a unique gift for Mom, Dad, Grandma or anyone you know who enjoys good food. Each recipe has been kid-tested and

kid-approved. Mom's seal of approval is also on this cookbook for the recipes' ease of preparation and simple, everyday ingredients.

Some of the recipes' titles just start your mouth watering: Tia Maria Torte, Sunshine Muffins, Orange Kiss-Me Cake, Golden Continental Chicken and Hockey Practice Chili.

Pick up your copy at the Elk Point A. G. Ross Arena, In Days of Olde, The Cutting Edge or at Hillside Service, or call Donna at 724-4375 after 6 p.m. to reserve your copy. With close to 250 recipes, it's a gift that will keep giving pleasure for a long time to come.

Wildflower Country
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 Nov. 29 - Dec. 3

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Sat., Dec. 10
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- ◆ Media
- ◆ Large Business
- ◆ Small Business
- ◆ Government Institutions
- ◆ Research Advancements

FOR APPLICATION FORMS CONTACT:

JOAN CURRIE, Project Manager
 Alberta Foundation for
 Environmental Excellence
 600, 12220 Stony Plain Road
 Edmonton, Alberta T5J 3L2
 Phone: 482-9243 or 1-800-567-9200 or 267-0596
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THE DEADLINE for nominations is February 28, 1995.

THE EMERALD AWARDS will be presented in June in Calgary.

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SANTA'S ANONYMOUS CAMPAIGN 1994

The areas listed below are ones covered by
 Elk Point Santa's Anonymous Campaign:

Elk Point Town and

Mailing Addresses to Elk Point

East Lindbergh - Heinsburg Spring Park

West Armistice

South Willow Range and North of Town

For more info. call 724-4106

Azimuth Theatre coming to Fishing Lake

Edmonton's Azimuth Theatre, a non-profit charitable organization which uses drama to present current social issues in a thought provoking and attention-getting way, will be at the Fishing Lake Communiplex on Thursday,

December 1 at 6:30 p.m. with a drama concerning child abuse, entitled *The Dungeon Master's Handbook*.

Azimuth Theatre is currently touring Alberta with several plays, including one which will be presented in St. Paul

tonight, entitled *Back Pocket Lennie*, also dealing with child abuse.

The plays are presented in conjunction with the Provincial Family Violence Awareness Campaign.



BOOKS, BOOKS, BOOKS - F. G. Miller High School Book Fair organizer Denise Smereka looks over her favorite titles for Christmas giving at the Book Fair on Saturday.

FACING AIDS

"NO".
One short answer to preventing AIDS.

Today we are exposed to more stresses than many other times in history. However, the information age with its many messages is creating increased awareness. People of the '90s are dealing with some very important issues and want full knowledge of what is going on so they can make their own choices.

In the generation following the "Great Sexual Revolution" of the '60s, saying "NO" to sexual activity was often the forgotten option. Some people still find it easier to have sex than to talk about it. Peerpressure to conform and the expectations of our partners can move us into areas of sexual expression we aren't prepared to handle.

In the '90s people who decide to be sexually active are also dealing with some very important issues. Along with the concern over unplanned pregnancies, there is now a greater threat of sexually transmitted diseases, including HIV infection which leads to AIDS.

A person may become infected after only one exposure to HIV. The virus can be passed through unprotected sexual intercourse or through sharing needles and syringes to inject drugs.

As with some other sexually transmitted diseases, HIV infection is not easy to recognize; there are no warts or accompanying pains to let you know that a person is infected. While an infected person may appear healthy and may not even know they are infected, they can pass the virus on to others.

People who decide to say "NO" to sexual intercourse or who insist on protected intercourse are taking responsibility for their sexual health. By saying "NO" or using condoms, you are protecting your sexual health. By saying "NO" to drugs or to sharing drug equipment, you are protecting

your physical health.

With so many conflicting messages in the public eye, we often forget that the word "NO" is an option. "NO" is one of the two possible answers that can be used to deal with the issues of injection drugs, to unwanted sexual intimacies and unprotected sexual intercourse. If you respect yourself and respect others, you will recognize your right to say "NO".

County of St. Paul No. 19 TAKE NOTICE

that the following Development Permits have been issued in accordance with Land Use Bylaw No. 1146 of the COUNTY OF ST. PAUL NO. 19.

Permit No.	Location	Type of Development
1913	S.E. 16-58-9-W4	Chemical Warehouse
1920	LSD 1 Sec. 9-58-6-W4	St. Paul Area Communication Tower
1921	S.E. 11-58-11-W4	Pawn Shop St. Brides
1924	N.E. 6-58-9-W4	Pawn Shop St. Paul Area
1927	N.E. 20-58-9-W4	Greenhouse St. Paul Area
1928	S.W. 34-55-4-W4	Veterinary Supplies Heinsburg Area

Any person claiming to be affected by the said Development, may appeal to the Development Appeal Board by serving Notice of Appeal to the Secretary of the Development Appeal Board of the

COUNTY OF ST. PAUL NO. 19
5015-49 Avenue
St. Paul, Alberta T0A 3A4
within fourteen (14) days.



November 29, 1994

Ken Yettaw
Development Officer

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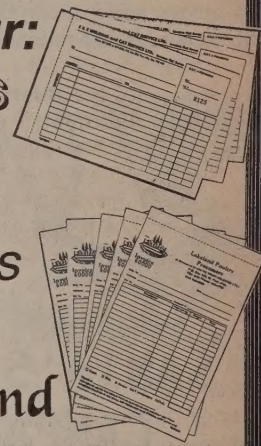
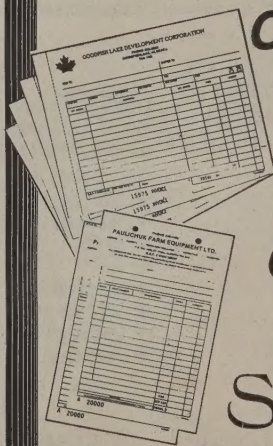
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The International Year of the Family 1994

Families The Heart of the Matter

*Prepared with Support of the: Interagency Committee's for:
Elk Point, St. Paul & Areas*



*Publication - Sponsored by County of St. Paul
Family & Community Support Services*

County of St. Paul No. 19 Family and Community Support Services

The Board of the County of St. Paul F.C.S.S. share the International Year of the Family Alberta Vision, that Albertans seek to enhance equality, caring and mutual respect among family members to encourage the capacity for self-reliance in all families.

A heart sheltered by a roof, linked by another heart, to symbolize life and love in a home where one finds warmth, caring, security, togetherness, tolerance and acceptance — that is the symbolism conveyed by the emblem of the International Year of the Family (IYF), 1994. The open design is meant to indicate continuity with a hint of uncertainty. The brushstroke, with its open line roof, completes an abstract symbol representing the complexity of the family.

1994 - FCSS BOARD MEMBERS

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Address: 5015-49 Avenue, St. Paul, Alberta T0A 3A4
Phone: 645-1950 or 645-3301

Family Violence Prevention Month Proclamation

WHEREAS there are many people in Alberta who have lived or are living in abusive family environments,

WHEREAS the cycle of violence may be carried on from generation to generation, and

WHEREAS individuals have the power to break this cycle of violence.

Now, therefore, we do hereby proclaim the month of November to be

FAMILY VIOLENCE PREVENTION MONTH

in the Town of St. Paul and the County of St. Paul #19. We call upon all citizens to recognize family violence for the serious social and criminal problem that it is. We call upon you to make a difference by taking the time to get involved. And we call upon you to encourage all Albertans to make our province violence free in 1994 and beyond.

8 ways to stop scolding

Many of us rebuke our children with the following phrases, perhaps because that's the way our parents

talked to us. Isn't it time to think of a better way?

- **You're just tired.** Hay may also be genuinely mad. The child who whines and cries may indeed be tired, but that's no excuse for dismissing his feelings. "You're tired" is a patronizing remark which usually makes the child even angrier. A better response would be, "You seem very angry (or frustrated or impatient). Let's talk about it on my lap." Then you can put him to bed.

- **Look at this mess! Do you think I have nothing better to do than clean up after you kids?** Alternative: It's time to clean up your projects. I'll give you a broom and rags and we'll tidy up together.

- **It serves you right to get hurt. Now maybe you'll listen when I say not to (play where you're not supposed to, fight with your brother, play with the cat, etc.).** Alternative: "That bump must really hurt; let me hold you until the pain goes away." Later, after the crying is over: "I will have to put you in your room the next time you disobey. I love you too much to see you get hurt again."

- **Stop sulking. Get that angry look off your face.** This is as ineffective as saying, stop being hungry. When you're angry, you're angry. It is a normal, healthy emotion. Constantly making your child stuff her anger leads to emotional problems down the road. Leave the child alone with her feelings, or ask if she wants to talk about it.

- **Stop crying or I'll give you something to cry about.** This is a cruel choice. It's an easy solution for the parent, but it serves only to build up resentment in the child. Few

parents can tolerate the sound of crying; yet, crying is a natural expression of hurt and frustration. Giving a hug and being patient is hardly a big price to pay for building your child's self-image, rather than tearing it down.

- **Just wait until your dad comes home.** Passing responsibility for discipline to the absent parent is easy, but it's a cop-out. Learn to deal with behavior crises yourself. Your children will respect you for it.

- **You can't be hungry yet.** Don't deny your child's feelings. Surely your own appetite fluctuates sometimes — so try to respect that fluctuation in a child. A better response: You may have a piece of fruit or carrot sticks until it is time for supper.

- **How could you be so stupid.** If you call a child stupid, it won't be long before he will start to believe it. This demeaning remark is destined to crush self-confidence, instead of encourage the change of behavior or extra effort that you want. Try: "I'm frustrated at what just happened. I bet you are too. Let's talk about how you could have done that differently."

By Ronnene Anderson - Reprinted with permission, Parent Information Network, March-April 1989.

There are no unwanted children ... just unfound parents

This is a call for your help.

Children have only one shot at childhood.

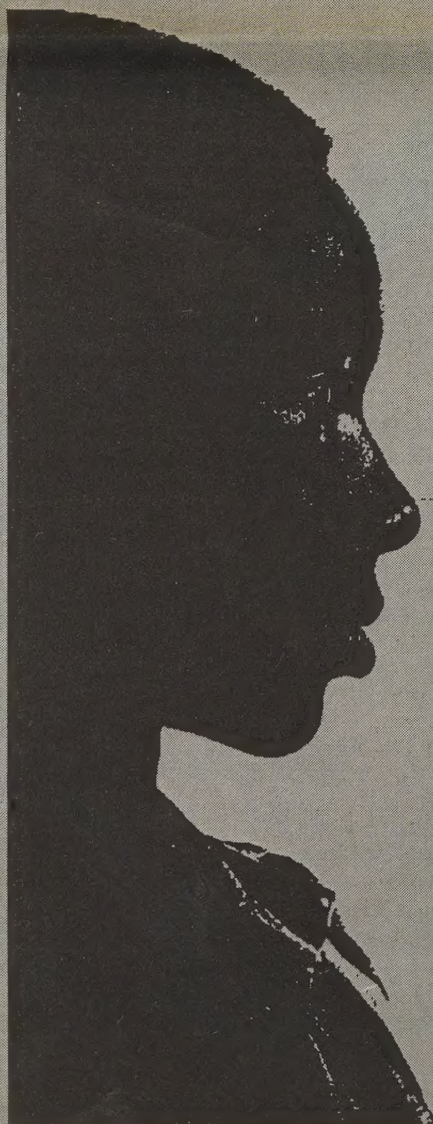
Without a permanent foundation on which to base their growth, they are left alone to shape their lives. In this rapidly changing world, so full of hard decisions, this is an insurmountable task.

"One Community, One Child" is a program directed toward increasing the awareness of our kids in care and decreasing the misconceptions surrounding adoption. At present, there is a lack of adoptive parents in Alberta's northeast region.

Through contact with community churches and organizations, we hope to maximize the scope of prospective parents available. Our goal is to place information in the hands of the local public regarding special needs adoption or simply adoption in general.

We can provide you with a contact to the North East Adoption Resources (N.E.A.R.) or, if you desire, arrange a contact with the Alberta department of Family and Social Services. We provide Parent Preparation Training; a series of informative sessions on special needs adoption. We also have an extensive library of adoption literature and audio cassettes.

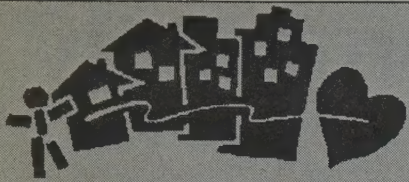
ALL CHILDREN HAVE THE RIGHT TO BE A MEMBER OF A PERMANENT FAMILY.
 For more information call 724-2216, Elk Point.



WE'VE TAUGHT HIM
DISCRIMINATION...

YOUR FRIENDS
ARE BUMS!





Caring
Communities

Celebrating and Supporting Families



Prepared by Terri Elhert (Elk Point FCSS)
Linnette Newby (County FCSS)

Society has been experiencing a time of rapid changes and choices and in turn, this has had a significant impact on marriages and families. It's also easy to focus on the negatives — the breakdown of the family unit, high divorce rates and all the rest.

We believe the challenge lies in creasing and maintaining a strong family life, one that can withstand these societal stresses / pressures. Our Community focus can be on the positives rather than the negatives.

Families have evolved into a unit which are unique for many individuals. Traditional family units consisted of Father and Mother with father being the bread-winner and the mother being the family link to a clean, caring well-balanced home environment. For many, many years, tradition served families for a standard of lifestyle.

Change and needs for Alberta families has rapidly resulted in new lifestyles including, single parents both male and female. The husband-wife, and common-law relationships has also seen significant change. Many households require dual income to meet a "so called expected" standard of living. By this need/standard our families' lives at times can

seem very fragmented. Coordinating babysitting, preparing nutritious meals, and providing a nurturing loving family environment can seem like an enormous daily task for parents. Today in couple homes both parents share in many duties which provide healthier, caring families.

Many times as working parents we feel guilt and frustration. Out of love we try to do everything to please every family member, which realistically may not be achievable. The one thing we have to remember is that working parents are providing for today and tomorrow families and we need to instill quality of family life within limitations of time, money, etc.

The ideal is to move back to tradition, but change has erupted and reality is we are part of history of the 80's and 90's.

Many families cannot provide "ideal" family environments due to work schedule demands, housekeeping demands, and the need to volunteer within our communities for extra curricular activities for passive needs of self or others like mom, dad, son and daughter. We all want to do whatever possible to help our loved ones achieve a personal goal. Some demands can become overwhelming so take time and have the courage to be honest as parents

with what is achievable under your circumstances of today's lifestyle.

Strong family lives are pleasant, positive places to live because members have learned some beautiful ways of treating each other. They count on each other, talk together and enjoy each other. They like and feel good about themselves as a unit. They have a sense of "we", of belonging together without the individual getting lost or smothered.

Each is encouraged to develop to his or her full potential. They are able to survive life's inevitable crises by uniting to meet the challenges — pulling together to pull through. They have lots of problems, just like everyone else, but they surmount them as they arise. Strong families are places we enter for comfort, development, regeneration and places from which we go forth renewed and charged with the power for positive living.

Much of our parent time should be spent on listening, understanding, accepting, nurturing our mates and children. Together we will grow and develop a trend to families' futures and well-being as we move to the year 2000, full of family respect, laughter and love for us all.

Families — the heart of the matter in 94 and forever in the Elk Point and St. Paul communities.

10 things to strengthen our family

By Roxy Thomas, R.P.N.
Mental Health Therapist
Alberta Mental Health,
Vegreville

8) Join a club, team or hobby as a family, such as bowling, swimming, karate or a church group.

9) Make a collage or poster of what your family means to you.

10) Tell someone in the family how much you care for them.

Try some of these suggestions or come up with some of your own and see if it doesn't help strengthen your family.

(Remember to celebrate how special your family is in 1994 — International Year of the Family).



Latch-key kids

By Mona Gunderson and Joni Brodziak
AB Family & Social Services

What is a "Latch-Key Kid"? Although they may not be wearing their housekey on a chain around their neck, many children are now taking responsibility for their own care before and after school. There are many reasons for this phenomena. In two income families, as well as in single parent families, often the parents either start work before school and/or are still working when the school day ends. In both of these cases either income or lack of other resources (extended family, after school programs, etc) prevents the family from seeking alternate care. Many parents today are facing this dilemma of whether or not their child is mature and responsible enough to be left on their own or caring for younger siblings. An informal poll on child care related professionals in the St. Paul area indicated that eleven (11) or twelve (12) the is approximate age that they felt a child is mature enough to be left in their own care.

As there is no legal age where a child can be left to care for themselves, these decisions have to be made on an individual basis keeping the child's abilities and safety in mind. Following are some of the things that should be considered and established when making decisions about your children's care:

1. Does your child demonstrate responsibility for tasks given to them while you are at home?

2. Would they be prepared to act in emergency situations? How does your child react in crisis?

3. Are there supports in place for your child to access in case of emergency (i.e. phone numbers to police, nearest neighbor, your

work phone number)? Would they feel comfortable actually accessing these supports?

4. Can your child follow a reasonable routine that prevents them from getting into trouble? Can they be satisfied on their own, do they have things to do that they are interested in?

5. Can you set up a system to monitor and make them accountable for the time they are unsupervised (i.e. homework log, phone call, etc.)?

6. Does your child have fears related to being home alone (i.e. dark winter months, suspicious noises)?

7. Is your home in an area that is relatively safe?

8. How long do they have to be left alone for?

9. Are they only caring for themselves or are there other siblings they would be responsible for?

10. What is your personal comfort level with leaving your child to care for themselves?

If you decide to practice this form of child care, you need to continue to re-evaluate the effect it is having on your child. How are they doing in school? What do they tell you about being left in their own care? Do they see this situation as being "abandoned" or as an "honor"? Has their behavior changed in a negative or positive way?

If you can comfortably address all of the above and no other options are available to your family, giving your child responsibility for their before / after school care may be a reasonable choice. In fact, being a "Latch-Key Kid" can be a growing experience for a child. It may teach them useful developmental tools, such as independence and self-responsibility.

The healthy family is a wealthy family

Merrill Clark, M.A.
Family Life Program Coordinator
North Eastern Alberta Health Unit

In the minds of many today, the family and its values are under attack. Certain social planners predict that the traditional family as we know it will die as we enter the twenty-first century. We also hear with increasing frequency of people doing unthinkable violence to innocent family members. Usually these are somewhat removed from our rural settings but they still leave us feeling stunned. Just how healthy and strong is the family? Can it survive coming economic and political changes?

Will the Family Survive?

Several years ago as a student of family relations I became awe struck by the historic strength of family relationships. The conclusions I drew from my studies were as follows:

1. The family is the most enduring social unit in the history of the world. Though governments and economies have risen and fallen, it is still here!

2. It has survived floods, earthquakes, epidemics, wars, dictators, typhoons, tornadoes and nuclear war, and it will again and again.

3. It is basic to the filling of human needs and has always been the backbone of all stable progressive societies.

4. It is socially natural, unlike other elements of society which have to be structured or defined.

In his book *Reaching Out*, David Johnson gives us basic keys to survival from studies of concentration camps, cancer and heart disease victims and old age. Individuals and families who survive will likely hold to these five important values:

A. They have deeply held goals and commitments.

B. They share their distress with other people.

C. They maintain high morale for emotional and spiritual survival.

D. Physical activity is necessary if they are to survive.

E. Friendships and love relationships are vital.

Johnson further suggests that we build goals and commitments involving other people's welfare if we

want to survive. This is the lifeblood of family and individual well being and strength. In fact, the health of the family revolves around these issues also.

Parent-Child Relationships Are Like Living, Breathing Things

Parent-child relationships, like marriage relationships must be fed with what it takes to keep them healthy and alive, or (like crops, cattle, plants or humans) they will die. How do we do this? Delores Curran, in her book *Traits of Healthy Families*, lists fifteen points. How about a health check-up on your parent-child relationships on the first eight. The healthy family:

1. Communicates and listens.

2. Affirms and supports one another.

3. Teaches respect for others.

4. Develops a sense of trust.

5. Has a sense of play and humor.

6. Exhibits a sense of shared responsibility.

7. Teaches a sense of right and wrong.

8. Has a strong sense of family in which rituals and traditions abound.

Interestingly, a recent Ohio State University study suggests that families showing opposite traits or negative traits had more frequent health problems, i.e. viruses, tumors, etc. Healthy relationships help make healthy families both emotionally and physically.

Leading by the Light of Love

My own journey into self evaluation as a parent has prompted me to come up with the following checklist for personal parental health (the key word in each starts with the letter "L").

1. Do I **look** each of my children in the eye, give them a hug and tell them I love them each day to connect with the good in their soul?

2. Do I **listen** with my "third ear" hearing feelings beyond words to manage behavior with both heart and mind?

3. Do I **learn** from my children as I would have them learn from me, acknowledging that we are all in life for learning?

4. Do I **level** honestly, caringly and assertively about issues or behavior where key values or ethics

are being violated? 5. Do I let go by not owning what is not mine. Do I let go of meanness, unforgiveness and revenge as rejections of caring?

6. Do I **laugh** at myself and the ridiculousness of much human behavior to discourage defensiveness and captivate interest?

7. Do I **live** my life by a set of responsible principles to influence my child to do likewise?

8. Do I **lead** first by the light of example, letting my own mission centered behavior guide the way?

9. Do I **love** and accept the immortal soul of each child even though at times I may dislike or even hate their behavior?

10. Do I **lift** their vision of who they each are, their priceless worth and value and the important obligations they each have?

These questions to me, in practice, become a foundation for healthy parent-child relationships by example.

The Wisdom of the Sages

Two statements by great and wise men have strongly influenced my priorities in parenting. The first is "the most important work you will ever do is within the walls of your own home". The second is "no other success in life can compensate for failure in the home."

So how important are our children and what we do with them? Even in our grungiest moments at home, we are likely building, molding and shaping (hopefully with divine help) the most marvelous and beautiful structures ever to grace time or eternity. These are our children, human beings ideally being fashioned with noble traits in the likeness of their magnificent Maker. Indeed, David. The psalmist postulated "What is man that thou art mindful of him? — for thou hast made him a little lower than the angels".

We mortals create a lot of garbage and junk, but God does not. What He has given to us as parents for cultivation and nurturing can truly become for us a priceless source of lasting wealth that goes with us into the eternity ahead ... if we so choose.

Seniors

In Alberta, as in all of Canada, the numbers of seniors and their proportion of the total population are increasing, though Alberta is, and will remain, one of the youngest of the Canadian provinces and Territories.

In 1986, the Province of Alberta had 193,500 persons aged 65 and over, 8.1% of the population. By 1991, this number had grown to an estimated 228,500, representing 9.1% of all Albertans.

It is believed that, by the year 2016, the senior population will have more than doubled, reaching 478,800 in number and comprising 13.5% of the population.

This represents a growth rate of 150%. During this same period of time the population under age 65 will grow by only 41%.

The proportion of seniors aged 85 and over, 8.5% in 1986, will rise to 11.8% by 2016, a

growth rate of 246%. More and more of us, especially those of us who are female, will be living to age 90 and over.

In view of this, we must continue to use our human and financial resources effectively and in a way that ensures opportunities for growth and development in the later years of life.

We hear many voices predicting a future of gloom and doom, with great amounts of public monies being spent on pensions and health services for dependent older people, taking resources from the young. We even hear, in some instances, some hostility expressed toward seniors and the need to assist them.

These predictions of a dependent senior population absorbing large amounts of resources are based on **misconceptions and misinformation** about our older population. The vast majority of Alberta seniors are not living in a dependent situation.

• 90% are living in homes or apartments that they own or rent, and the vast majority are living with a spouse or living alone.

• Only a small percentage of seniors are living with related families, with other relatives such as siblings or with non-related families.

• And only 10% are in collective living situations such as lodges or long term care facilities. The percentage living in this type of situation has been dropping over the years as more housing options are open to older adults.

It is a reality that with increasing age there are more chronic health problems. Persons aged 65 and over use medical, hospital and long term care services in greater proportion than their percentage in the population.

However, it is a relatively small number of older individuals who use these services.

Furthermore, according to demographers, there is a consistent and substantial trend toward better health among older people, and more and more of them are adjusting to and coping more effectively with any chronic illnesses that develop.

Finally, often forgotten in discussions about the future aging of the population is the reality that older people contribute much to our society. As

taxpayers and consumers, they are a vital part of our economy. They contribute both services and money to their adult children and grandchildren as well as to voluntary organizations.

Older people also contribute from their life experiences to our society and are an important and vital component of our population. **Taken from: Seniors Advisory Council for Alberta Annual Report.**

Elk Point and Area

Family Violence Support Group Meetings

Are held the 1st & 3rd Tuesday of every month

AT: The Elk Point Hospital

For Further Information Call:

Peggy at 724-2380

Linnette - 645-1950

Terri - 724-3800

Your family — The Home of Champions

By Pastor Jim MacLellan
Elk Point Baptist Church

Imagine six-year-old Kevin, whose parents have enrolled him in music lessons. After school every afternoon, he sits in the living room and reluctantly strums "Home on the Range" while watching his buddies play baseball in the park across the street ... Now suppose Kevin is visited by an angel one afternoon during guitar practice. In a vision he's taken to Carnegie Hall. He's shown a guitar virtuoso giving a concert. Usually bored by classical music, Kevin is astonished by what he sees and hears ... "What do you think, Kevin?" asks the angel. The answer is a soft, slow, six-year-old's "Wow!"

"Kevin," says the angel, "the wonderful musician you saw is you in a few years." ...

(- Donald S. Whitney, Spiritual Disciplines)

What do you think Kevin's response to practicing guitar will be — at least for a while? Adults can be that kind of "angel" to our kids. We can become vision-casters. Through vision we can motivate "scale-players" into virtuosos. Dr. Stephen Covey, in his book, Principle-Centered Leadership, says:

"Visualization is based on the principle that all things are created twice: first mentally and then physically ... world-class athletes are almost all visualizers; they experience their victories in their minds before they experience them in fact.

What are some principles to help us become champion-builders?

1. DO NOT LIMIT — LIBERATE!

Do not "pigeon-hole". Sometimes children are limited because adults have limited them! Gary Smalley and John Trent tell this heart-warming story in their book, *The Blessing*.

Marcia was labelled a "slow-learner". If it took her classmates a half hour to do an assignment, you can bet Marcia would only be halfway through the same project an hour later. Her parents received the disturbing news that she was a "slow-learner". However even this, it did not discourage Marcia's parents from picturing a special future for her. Rather than pushing Marcia to "hurry up" or read faster, her parents would praise her for being accurate and methodical. They also noticed that Marcia had an obvious gift for helping and encouraging other children. They encouraged her to help in school and Sunday School.

After Sunday School, one morning, Marcia announced to her parents that she wanted to be a teacher when she grew up.

What could have been said?

Instead they encouraged her. Marcia struggled every year in school. Her parents had to provide tutors. When Marcia decided to go to college, it took her six and a half years to graduate. Nonetheless, Marcia graduated on a beautiful Saturday afternoon in May with a teaching degree.

These parents chose not to view their child as a slow-learner, but instead, a teacher! Labels can limit tomorrows. Children are smarter than we give them credit. In Maxine Hancock's book, *People in Process*, she claims that the average child knows 10 times more than we give them credit. For instance ...

There was the little boy who went to school for the first time. The teacher explained to him that if he wanted to go to the washroom at any time, he should raise two fingers.

Looking puzzled the little boy asked, "How will that help?"

Don't LABEL - LIBERATE.!

2. DO NOT LUMP THEM — LEARN ABOUT THEM

How can we see children as individuals and not just one of the group? The answer is, **BECOME A STUDENT OF YOUR CHILDREN**. In other words, when trying to find out what makes them tick — don't believe them when they answer, "Nuttin!"

I heard of a father that asks his teen what they did in school that day. The response? Nuttin! Dad followed up with this astute remark, "Well how did you know that you were finished?"

Don't be discouraged with the "nuttin'" responses. Listening, as we know, is mostly observation — not words. What is it that brightens the eyes of that child? What is it that gets their adrenalin running? Become a student of your child — don't LUMP THEM TOGETHER!

Very early in your child's development you will see what some might call certain "bents" — certain "leanings". For instance, my youngest daughter is two and a half. Already my wife and I have noted meticulousness. Courtney has a tremendous ability to note the most minute things. Things I would walk past. Her abilities to observe are fascinating. (Of course, I'm biased!)

Charles Swindoll, in his book, *Growing Wise in Family Life*, suggests that we "cooperate with them! Observe how the Lord put your child together, cultivate those skills and abilities, and watch them blossom and flourish."

both the above author and Stephen Covey warn us not to treat our children through our own autobiography. In other words don't encourage your child to "be all they can be" in the areas "you weren't all you were!"

3. DO NOT LOCK THEM UP — LET THEM OUT!

"Certain risks must be tolerated if a child is to learn and progress; he will never learn to walk if he is not allowed to fall down in the process", says Dr. James Dobson. Unhealthy dependency is a major, major cause of turning champs to chumps. Marguerite and Willard Beecher, authors of *Parents on the Run* state that, "the parent must gain his freedom from the child, so that the child can gain his freedom from the parent."

Proper family discipline and expectations should slowly and methodically move a child from dependency through to interdependency. Note I would argue that we really never want to teach independency. It is a false illusion that can create more problems. Creating responsibility through liberation is the key. An excellent exercise within the family is that of the development of a family constitution. Early in your child's life, it is advisable to sit down and articulate between yourselves a mission statement. As an ex-army officer, I describe a mission statement as something that describes what you want in the end. Covey calls it, "beginning with the end in mind." A mission statement should always be "in draft".

As your child develops, share that mission statement with them. Ask them to contribute. Redefine some things. Change some things. Take ownership of it.

Soon after your mission statement is acceptable (for now!), talk about terms of reference. Talk about how your family is going to work towards developing your family constitution, you will start to see your child assume their responsibility in a gradual and meaningful way, towards the recognition of your family ideals.

Carl Rogers in his work, *A Therapist's View of Personal Goals*, infers that motivation is inseparably linked to personal goals. He suggests that which really motivates people are things like "responsible participation in life"; "delight in overcoming obstacles"; the value of "self-sufficiency"; etc. Parents must at some point agree wholeheartedly with Rogers, that developing, owning and applying personal goals are a key motivating factor towards responsible "champions". Parents need to help children establish value-driven personal goals.

To do this may require a shift in your pattern of thinking. Some of us can fall into McGregor's Theory X model thinking that all our kids hate work, need to be coerced, controlled, directed, etc. We need a paradigm conversion that fall's more within his Theory Y model, that being: **children want responsibility, want challenges, want to accomplish, want to grow.**

In other words, in order to create vision in our chil-

dren, we must first examine our own vision. Some parental visions are prophetic. "That lazy, no good, ..." sometimes becomes that "lazy, no good ...".

Vision-casters are people that constantly see potential. Building a family of champions is established on the principle that we often evidence what we think. Building champions starts in our minds. The reality is: you ARE building VISION, whether you know it or not! "What kind of VISION are you casting?", is the key question.



Lifestyles of the rich and famous

These days we are all looking for ways we can be rich and do what we want. In this short article, I'd like to give you another perspective on being "rich" in order to enjoy life. And this could even lead to you becoming famous!

There are major diseases that rob us of enjoying a rich future so I'd like to give you some means of fighting to preserve the rich lifestyle that could be yours.

Fight Fat

Take a look at how you eat. Are there ways you can eat less fat? Shortening, butter, margarine and vegetable oils, processed and high fat meats, high fat dairy products and high fat snack foods and desserts contribute most of the fat to your diet. Try substitutions that are lower in fat. For example, look for meats which are labelled and look "lean". Try some of the new low-fat cheeses and yogurts and even use them for making dips and cheesecakes so you can continue to enjoy these foods. Try air-popped popcorn with little or no butter to replace potato or tortilla chips. Remember when it comes to good eating, moderation is the key — both in amount and type of food chosen.

Fight for Fitness

I don't mean that everybody needs to jog 3 miles, three times a week to be fit. Research is showing shorter periods of physical activity every day is good for your body. So take the dog for a walk every day. Walk to work, shovel snow, plant a garden and hoe, hoe, hoe! Find an activity to do every day that gets you up and moving!

Fight Tobacco

Tobacco is the major preventable cause of heart disease and cancer death. It robs people of living quality, healthy lives. Remember that nicotine is a highly addictive substance so it may be difficult (but not impossible) to stop using tobacco. Get help but better yet, teach your children not to use tobacco in any form (smoking, chewing, or snuff).

Actually you could become quite wealthy by not using tobacco. Let's say a package of cigarettes costs you \$5/day and you smoke a pack a day. In one week, you have spent \$35.00. In one month, you have spent \$140.00. In one year, you would have spent \$1820. Now if you saved \$5.00 every week for 20 years, you would have saved over \$140,000 (with compound interest at 10%). Impressive!

Reduce Stress

Stress is a fact of life. People generally associate stress as something negative but there is good stress too. For example, why do people cry at weddings? It's a stress reliever at a happy occasion. Happy occasions have a certain amount of stress associated with them, but it's the bad stress that can rob you of a rich lifestyle. Do you eat poorly (too much, too little, improper food choices) when you're stressed? Do you smoke more, use alcohol, decrease your physical activity? All of these can put your body in physical distress and can lead to high blood pressure and heart disease. Learn positive coping skills in handling stress - walking, talking about it with a trusted friend, reading a good book, or many other ways. Use what works best for you. Please do seek advice from a health professional if you feel overwhelmed or feel that no one can help you.

Can you see yourself in the "rich" lifestyle I've described? You may not become financially secure as a result of this lifestyle but you can become rich in health. Take a look at your lifestyle and see where improvements can be made. If you have made some improvements already, congratulate yourself! Your body will thank you, too! And you could become famous by living to be 100 years old.

If you have further questions or would like to talk about starting some lifestyle changes, contact Laura Plett, R.N., *Straight From the Heart*, Heart Health Project Coordinator at 645-3396.



Children in adolescence are children in change. For most Teens, bodily change happens faster than they have a chance to adjust to it; for others who develop more slowly, social issues become a problem. Activities that require physical co-ordination and at one time seemed insurmountable are well within their abilities (once the skills are developed). Intellectually, children in their teens are learning to deal with abstract thinking for the first time, using scientific reasoning to help solve problems.

During this time a teen's self-esteem is very fragile. Most of us tend to overlook this stage as an exciting chapter in development. We neglect to remember that never again will this male person outgrow three sizes in jeans in one year without a change in shirt size; never again will this female wear adult sized shoes on a

child sized body. It is no wonder that Teens become obsessed in their appearance. They become keenly conscious of wearing the "wrong" clothes for any occasion and are convinced that all eyes in a room are focusing on them, scrutinizing every last detail of their appearance. It is important to remember that while the body of a teenager is adult sized, the mind remains immature. Parents who can appreciate the wondrous finale of growth in teens will help to relieve some level of self-consciousness during these unbalanced years.

Most teenagers are able to manage this period of change with relative ease, making changes when necessary, experiencing and trying out the new physical and intellectual abilities now within their reach. Because of inexperience and immaturity, mistakes are made, and parents can be cau-

Today's teens

tious from the background. Parents are needed to be available in many aspects of the teens' life. Especially so when they want to talk, listening to what is said without judgement and interruption. It takes a strong parent with a healthy understanding of adolescence to accept the identity changes with their Teen. Often teens withdraw and become more private during this time and it is critical for parents to realize that self-imposed isolation does not mean a lack of love or respect, but rather is usually a quest for individuality.

There are three areas that need continual support and enhancement from adults, particularly parents, at this time: self esteem, problem solving, social skills. Self Esteem concepts require attention throughout all of childhood, but especially so in adolescence. A sense of love and respect of self spreads to love and respect of others. Focusing on a child's strong points and recognizing their successes (even the small ones) help to achieve this.

When adolescents have the skill of problem solving, their sense of self-esteem also

increases. They realize that they are capable of handling situations as they come and can approach new experiences with a sense of excitement rather than dread. We all need to realize that all problems are not permanent, while they may linger and be troublesome, the pain that we experience is not at a constant level during a crisis.

By teaching social skills we can encourage appropriate interactions with others. Teens can discover and accept the variety of differences in all people's reactions, values, behaviors and attitudes. They soon learn to accept these differences in others and individuality and not in judgment.

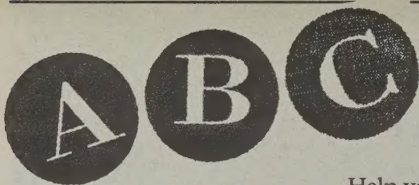
Today's teenagers live in a world that is significantly different from the one their parents grew up in — careers change every five years, the mass of information doubles every three years, designer drugs that are almost instantly addictive, AIDS epidemic.

Due to the changes in society, a lot of stress and pressure is placed on teenagers. Today's adolescents face many different tasks. Society sets high expectations for young people

and sets equally high stakes. Teenagers are uncertain as to what the future holds — for jobs, for education. Why begin preparing today, when no guaranteed existing about tomorrow's payoff. Teens are uncertain whether they'll be able to move away from home after they graduate. High costs and low pay have forced students to remain at home longer.

As our children become teens, they begin moving away from total reliance on family for day-to-day decision-making. They move toward increasing independence and personal mastery of new situations. In times of crisis or confusion, some adolescents turn first to their parents for support, understanding and advice; others turn to resources such as: Peers, Help Lines, School Counsellors, Peer Support Groups, Teachers, Clergy. Most teens who turn first to community resources eventually seek additional support from their parents in dealing with the issue.

Submitted by:
Joanne Muchka & Elaine Ziomek
Family School Consultants
County of St. Paul FCSS



As your children grow up, they will almost certainly encounter situations which involve decisions about alcohol or other drug use. While you do not want to make your children "grow up too fast" by raising a topic before it is relevant to them, it is important to build the foundation for future discussion of alcohol and drug use. As parents, you are the best judge of when your children are ready to discuss a particular topic. Here are some tips which can guide your communication with your children now and help you prepare for what lies ahead.

- Establish open and effective communication with children in the early years; it will make it easier to discuss important issues like drug use and abuse as they grow older.

- Discuss with your children important decisions and how you make them, especially decisions about alcohol and other drugs — including tobacco, prescription and non-prescription drugs.

- Be alert to opportunities to discuss alcohol and other drugs. Help your children make sense out of what they see on television, in the news and in the community. Talk about your own family values around these important issues.

- Listen closely to all the concerns your children express, so you create an atmosphere in which they feel comfortable discussing important issues. If a difficult situation comes up, they may then be more likely to approach you about it.

- Give your children opportunities to make choices suitable to their age. Discuss positive and negative consequences to help them accept and learn from mistakes when things go wrong.

- There are also other ways to influence the choices your children make. One of these ways is to focus on your children's strengths and interests and provide them with support in areas where they are weak. Recognize effort and improvement to help boost their confidence.

- Discuss rules with your children and follow through on consequences.

Talking to your children about alcohol and other drugs

Talking to your teens about drugs

Parents and Teens

As a parent, you're probably concerned with the problems your teenager can encounter with alcohol and drugs. If teenagers don't have any rules or experience to call on to help them deal with these situations, how will they know what to do?

You may feel as if your teenager is turning away from you and that your influence is not as important as the influence of their peers. However, the truth is that during the teen years, your role becomes even more important. Your role now is to help teenager develop the life skills to grow into a happy, well-adjusted adult. You will be coaching, listening and guiding, rather than controlling your child. One thing that will require your guidance is the role of alcohol and drugs in your teenager's life.

Why Some Kids Take Drugs

Some kids start using drugs out of curiosity — just to see

what it's like. Some experiment because their friends are using drugs. Others think it proves maturity or independence. They see drug use as a sign of growing up, and perhaps showing that they don't care what others think.

Teenagers are more likely to have problems with drugs or alcohol if they lack social skills and confidence. The more a teenager has learned to handle life's situations, the greater the chance they will be able to handle a variety of situations without relying on drugs.

Guidelines for Parents

- Communicate — work on listening to your children, talking with them and not at them.

- Educate yourself — learn accurate, up-to-date facts about alcohol, prescription and non-prescription drugs, and both legal and illegal drugs.

- Help them make sense of the lifestyles they see in advertising and on TV shows which sometimes include widespread use of alcohol. Use examples from the media as openings to talk about drugs and decision-making.

- Set guidelines for behavior in discussion with your

teenager. Be prepared to renegotiate them from time to time. Be clear about the consequences of both appropriate and inappropriate behavior.

- Practice what you preach. Demonstrate responsible decision-making in your own use of drugs, including alcohol, tobacco, prescription drugs and over-the-counter drugs.

- Help your teens to feel good about themselves by recognizing their efforts.

- Encourage and participate in a variety of things with your teen. Help them to become independent and to choose challenges that are neither too difficult nor too easy.

- Let them know that it is natural to have problems and to make mistakes.

- If you suspect a drug or alcohol problem may exist, stay calm. However, it's best to intervene early and talk about it with your teen. If there is a pattern of problems, professional advice may be needed.

- For further information contact your local AADAC office.

Phone 645-6346

Emergency Preparedness in the rural setting

Emergency Preparedness is not an issue that people generally enjoy talking about or planning for. The unpleasant associations that come with this are usually enough for people to put planning on the back burner, hoping an emergency will never happen to them. If this is the case, take a moment to ask yourself a few questions:

- Do you know the phone number for the ambulance by memory? The Fire Department? The Police? If not, do you have these numbers posted by the phone?

- Do you or a family member have any First Aid or CPR Training? Do you know what you will do if a friend or family member gets injured at home? Has a heart attack?

- Could you explain how to get to your rural residence to a complete stranger? Do you know the directions in kilometres? Do you know the legal land description?

If you answered no to any of these questions, read on!

We are very fortunate in St. Paul to have an Ambulance Service that is available 24 hours a day, 365 days a year, where a crew is stationed, ready to respond. This significantly reduces response times in town, and may even make a difference for somebody who has suffered a cardiac arrest, who is choking or who is severely bleeding. But the challenge to overcome is this: What if the above emergencies happen when you live in the outlying rural communities? What if you live 10 minutes, 20 minutes or half an hour from town? There is no way to completely overcome this challenge, but we can take steps to significantly minimize the risk by doing three things: Prevent, Get Trained, and Be Prepared.

It's a cliché that the best treatment is prevention, but it can't be stressed enough. There is never a need for preparation or treatment when accidents or illnesses do not occur. Aside from unpreventable accidents and hereditary illnesses, a good majority of accidents and many illnesses can be prevented simply by examining lifestyle habits and making deliberate

changes toward safety and health. But as human nature prevails, there are going to be times in our lives when we or our loved ones will be in need of help, even with the most conscientious of lifestyles. These are the moments for training and preparation.

I believe there is a certain amount of responsibility that lies with the general public when it comes to emergency situations. A good EMS (Emergency Medical Services) and Hospital System can only do so much. It all starts with the bystanders and family members when an emergency occurs to make the difficult decisions, make the phone call, and use their judgement and skill to assist until further intervention can be accessed (e.g. Ambulance, Emergency Department). This is the "Chain of Care," whether it is a cardiac arrest victim or somebody who is bleeding severely, the link starts with you. Would you know what to do in the above situations? This is why it is so important to have at least a minimal level of knowledge and training. There are tremendous resources to be accessed in this community and surrounding area. A small commitment to becoming CPR First Aid trained could be a great pay off with the ability to touch someone's life. Here's an interesting challenge to consider: If at least one member of every family has some level of training, this community would certainly be a safer one in which to live. I encourage everyone to take responsibility for their link in the "Chain of Care".

In the unpleasant event an emergency does occur, here are some things to know and have prepared to deal with it effectively.

a. Have all of the emergency numbers posted by every phone, this way you don't have to try and remember a number during a stressful situation:

- Ambulance — 645-3256
- Hospital — 645-3331
- Fire — 645-3100
- Poison Centre — 1-800-332-1414
- R.C.M.P. — 645-8888

b. Know how to describe your location as if to a complete stranger who has never been to your resi-

dence. Use kilometers instead of miles if possible. Use north, south, east or west instead of left or right if possible. Know your legal land description. Know some notable landmarks along the way. Have all of this information recorded by every phone.

c. Know when to call. It is important that whenever you find someone unconscious for any reason, call an ambulance **before** you find out the cause or try and help. You could be wasting precious time if you wait. Return to help after the call. When the distance is significant, making the call for help early ensures you will not be waiting a long time when you need help the most. Any time you feel somebody's condition may be serious, whether from injury or illness, it is appropriate to call for help.

d. Know what to say. Stay calm when calling. Speak slowly and clearly. Answer questions briefly and directly. The ambulance may call you back en route if they need more information.

e. After the call, know what to do. Utilize your resources. Do you have training to fall back on? Do you have friends or family to assist? Have all medications ready to give to the ambulance crew. Be prepared to give a brief medical history.

One last question to address. "What if it will take too long for the ambulance to get to us, isn't it faster for me to drive the person in myself?" Yes it is faster and that may be the decision you decide to make under the circumstances. But remember that calling an ambulance not only ensures that the person gets medical care en route, and that he/she is in the right hands should their condition get progressively worse. If you feel that driving them in is still the right thing to do, then you might consider meeting the ambulance halfway.

I hope this article has given you some practical ideas and stimulated some thought in the direction of Emergency Preparedness. Meet with your family and neighbors, and plan what you will do in specific emergencies should they occur. Together we can all make this a safer place to live through prevention, training and preparation. Take Care - Trevor Day
EMT-A, CPR and First Aid Instructor

Treat friends, kids the same

By Erma Bombeck

On TV the other day, a leading child psychologist said parents should treat their children as they would treat their best friend ... with courtesy, dignity and diplomacy.

"I have never treated my children any other way" I told myself. But later that night, I thought about it. Did I really talk to my best friends like I talked to my children: Just suppose our good friends, Fred and Eleanor, came to dinner one night and ...

"Well, it's about time you two got here! What have you been doing? Dawdling? Leave those shoes outside, Fred. They've mud on them. And shut the door. Where you born in a barn?"

"So, Eleanor, how have you been? I've been meaning to have you over for such a long time. Fred! Take it easy with the chip dip or you'll ruin your dinner. I didn't

work over a hot stove all day long to have you nibble like some bird.

"Heard from any of the gang lately? Got a card from the Martins. Yes, they're in Lauderdale again. They go every year to the same spot. What's the matter with you, Fred? You're fidgeting. Of course, you have to go. It's down the hall, first door on the left. And I don't want to see a towel in the middle of the floor when you're finished.

"Did you wash your face before you came, Eleanor? I see a dark spot around your mouth. I guess it's a shadow. So, how're your children? If you ask me, I think summer school is great for them. Is everybody hungry? Then why don't we go in to dinner. You all wash up and I'll take up the food. Don't tell me your hands are clean, Eleanor. I saw you playing with the dog.

"Fred, you sit over there

and Eleanor you can sit with the half glass of milk. You know you're all elbows when it comes to milk. There now, your host will say grace.

"Fred, I don't see any cauliflower on your plate. Have you ever tried it? Well, try a spoonful. If you don't like it, I won't make you finish it, but if you don't try it, you can just forget about dessert. And sit up straight or your spine will grow that way. Now, what were we talking about? Oh yes, the Gerbers. They sold their house. I mean they took a beating but ... Eleanor, don't talk with food in your mouth. I can't understand a word you're saying. And use your napkin."

At that moment in my fantasy, my son walked into the room. "How nice of you to come," I said pleasantly.

"Now what did I do?" he sighed.

Today's Farm Family

By Sharon Stollery
Rural Development Specialist
AB Agriculture, St. Paul

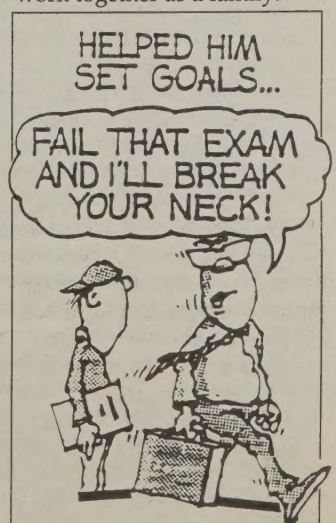
Among rural families, farm families undoubtedly have the greatest potential for family stress. They live and work in a situation of physical and emotional interconnectedness, at odds with a culture that stresses independence of generations.

To the outsider looking in on a family business they identify an image of mom and dad raising young children while they work side by side to develop a prosperous farm business. As the children grow their contribution to the farm business increased until they are able to take the central role in the business. The image is full of thoughts of a strong happy family that work together harmoniously.

In fact, studies have shown that for families in business, tension is sometimes great and cooperation can be difficult to achieve. The rapidly changing marketplace and the aging

farm population also place challenges on today's farm family.

In response to these changes and challenges farm families are looking towards the future. They are finding ways to balance the goals of the farm business with that of the family. They know that for them there is no better life than farm life and that is well worth the efforts to discover ways to work together as a family!



Blended Families: A recipe for success

By Wayne Wilden
Alberta Mental Health

More and more, we are seeing an increase in the number of families where one, or both, of the parents are not the biological parents of all the children they are caring for. And whereas the subject used to be tiptoed around it can now be more freely spoken of. And rightly so. More and more, step-families are recognized, not as a sign of previous failure, but as an opportunity for a richer family experience. More and more, society is recognizing that — "you don't have to be a biological parent to care."

Since the days of Cinderella and Snow White, step-parents have been given a bad rap. But think of the possibilities. For example: Growing up with two families can provide twice as much information about adulthood, family traditions, and values. There can also be twice as large a support system to provide encouragement or help with a problem, and twice as many people to care.

And for step-parents, having an extra set of kids around can provide twice as much opportunity to share your love and make a difference in a young life. More children's smiles to brighten your life and a better chance of having some place to stay when you're too old to remember your name.

Yes, the recipe for success is the same as with biological families. Mix a whole bunch of love and a lot of understanding, stir regularly with communication, and bake in a warm supportive environment.

1994 International Year of the Family

The Region 6 Committee for IYF working with Premier's Council in Support of Alberta Families needs your input. The questions below are intended to encourage discussion about families. These questions may be responded to in small groups, within volunteer organizations, by families, or individual family members. Your input is highly valued and will provide strength to families in the 90's.

"FAMILIES THE HEART OF THE MATTER" REGION 6

DISCUSSION QUESTIONS:

1) What is a Healthy Family?

2) What do Families need to be healthy?

3) How are communities currently strengthening and supporting healthy families?

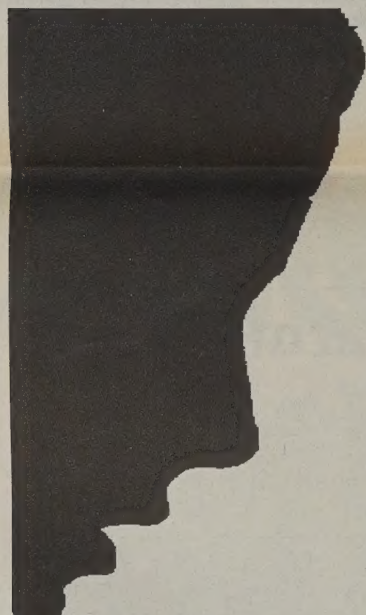
4) What can our communities do to support and strengthen families more effectively?

Thank you for your comments and insights. This will become an important investment in the future of Alberta families!

Submit your responses to the Premier's Council in Support of Alberta Families.

Hilltop House
9910-103 Street
Edmonton, Alberta
T5K 0X8
or your local F.C.S.S.

Face to face with loss in the family



By Caroline Yewchin

1. The family identity changes. You are no longer the "Smyth family" ... you are now the family whose son died in the farm accident. For a period of time, people identify your family by the crises. Often this causes the family to perceive itself as "unlucky" or "having a black cloud following them". A family may start to question why bad things are happening to them and not other families.

2. Relationships change. After couples divorce, children often worry about who will take on the role that Mom or Dad filled. Very practical questions appear: "Who will make my lunch?" "Now that Dad is gone, who will take me to hockey practice?" Often power struggles occur, and children need to know who is in charge now.

3. The focus of the family changes. Every family establishes its own daily routine or pattern. When loss occurs, the routines change. For example, when Dad loses his job, he may become "Mr. Mom".

4. Emotions change. Laughter and joy may disappear. Grief accompanied by fear, guilt, anger and blame may take up residence in your house. No matter how you look at it, "grief is a mess." Grief has no time table and no defined pattern. Each person grieves in his or her own way, and in his or her own time. It is extremely stressful on the family, when everyone in the household is grieving in a different way.

5. Communication changes. You may want to protect your family from pain, so you don't talk about the loss. This means that families don't communicate and although people are living together, they feel very alone. When this occurs, family members withdraw and isolate themselves. The family no longer functions as a unit.

All losses have 3 things in common. All losses result in an ENDING. When you are fired from your job, when your house burns down, when you become divorced, and when a loved one dies, an ending has occurred. Life for you will never be **exactly** the same. It may be better, it may be worse, but it is guaranteed to be different. We cannot hold on to the past and try to live there as if nothing has happened. Darcie Sims, a well-known bereavement educator once said that a key to coping with loss is "learning to live with what we've got, not what we want."

All losses also have a period of disorganization. You know that you can't go back to the past, yet you

don't know what the future will hold. The period of disorganization is known as the NEUTRAL ZONE, and is a time of confusion, mixed emotions, and sorting out.

Finally, all losses result in a new BEGINNING. Our lives change and we change with it. After loss, we often have to answer the question, "who am I now?" The new beginning is the time to put the pieces together and shape your new identity.

What Can be Helpful for Families?

1. As a family member, be available — provide time and an appropriate place to talk.

2. Encourage expressions of grief and share your thoughts and feelings with family members. Be open and honest — this will encourage communication, and help to prevent withdrawal and isolation. Listen to others, even if it is the same story over and over again.

3. Try to maintain some structure and stability in the family. When the world has been turned upside-down by loss, continuity becomes a safety net. Help family members to establish or maintain a routine. Children, in particular, feel more safe when they continue to attend school, participate in social functions, and perform certain tasks both in and out of school. Answer the practical questions and let children know who will be there for them.

4. With children, continue to expect appropriate behavior and be as consistent as you can. For example, grief cannot become an excuse for misbehavior ... No, you cannot bite your brother, and yes, you still have to take the garbage out. Let them know in a caring and kind way, that "the rules still apply".

5. Know that grief lasts longer than anyone expects — the impact of loss and changes that take place may last months or several years. The process of working through the ending, neutral zone, and new beginning is very individual. The family may go through many peaks and valleys in an attempt to re-define itself and re-establish the roles within the family. Be patient and don't rush the process.

Coming face to face with loss is a very difficult and stressful experience. Just remember, you do not have to face it alone. If support is not there from within the family, seek outside assistance — from a school counsellor, support group such as the St. Paul Living with Loss Committee, or community agency like Alberta Mental Health. For more information on resources in your community, call 645-5177; F.C.S.S. 645-1950 County 645-5311 Town.

What do the following have in common?

- A family of 4 learns that they are going to be transferred to a community of 1,200 km away.
- A 48-year-old man, who has never been unemployed, is laid off.
- A couple divorces, after 17 years of marriage.
- After being out of school for 14 years, a 32-year-old mother registers for College.
- Fire destroys a family home.
- A 12-year-old child dies in a farm accident.

All of these experiences involve LOSS and cause CHANGE in people's lives. Although change is something that happens to **everyone**, Change 101 is not taught in school. It comes as no surprise therefore, that people don't handle change very well.

Many books and articles discuss how **individuals** respond to loss, but few address what happens to **families** who are confronted with loss.

What Happens to Families?

When there is a loss in the family, it is common for many different aspects of the family unit to change.

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& GLOVES, JEWELRY, PURSES AND LEOTARDS **20% OFF** PLUS JEANNINE'S PAYS THE GST

8 P.M. - 9 P.M.: JEANS, T-SHIRTS & SWEATSHIRTS **20% OFF** PLUS JEANNINE'S PAYS THE GST

9 P.M. - 10 P.M.: ALL COORDINATES **20% OFF** PLUS JEANNINE'S PAYS THE GST

10 P.M. - 11 P.M.: ALL REGULAR PRICED
MERCHANDISE **25% OFF** PLUS JEANNINE'S PAYS THE GST

Jeannine, Sharon, Kathy and Marie wish to
Thank You for your support this past year
and hope to see you during Extravaganza.

PLAZA 75 MALL

50th St. and 51st Ave.

Presents

EXTRAVAGANZA!

6 p.m. - 11 p.m., Friday, December 2



GIFT CERTIFICATES
AVAILABLE
FREE COFFEE
& SWEETS

Best Wishes

Put Your
Best Foot Forward
for the Holidays!

Shoes 'R' Us

offers

10% off 8-9 p.m.
20% Off 9-10 p.m.
30% off 10-11 p.m.

Gift Certificates
Available
FREE HOT CHOCOLATE
In-Store Draw

Come in &
Sit a Spell

Cuts Plus Beauty Salon

10% OFF RETAIL

Men's Haircuts \$10 - Ladies' Haircuts \$12

TANNING BED
SPECIALS FOR
DECEMBER

OPEN MON.-SAT.
For Appointments
Call 724-2977

WALK-INS WELCOME

ENTER OUR DRAW

Happy Holidays

CHECK OUT
OUR GIFTWARE



H Home G Town Grocers

10% off ALL ITEMS

(Except Postage & Lottery Tickets)

FREE COFFEE

**Good Selection of
Stocking Stuffers**

Great Food!
Great Fun!



MINI
TRADE FAIR
IN THE MALL

Personalized Books
Astrologer



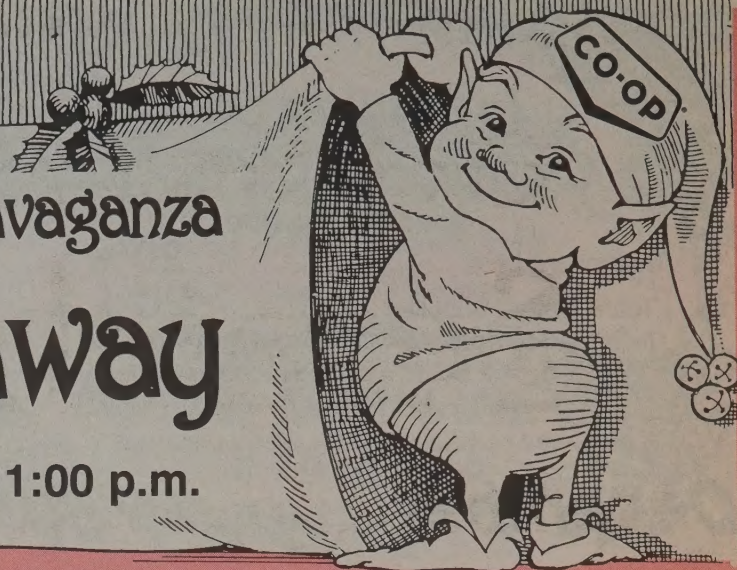
FREE COFFEE

ENTER OUR DRAW

The Elk Point Christmas Extravaganza Grocery Giveaway

December 2nd, 1994

6:00 p.m. - 11:00 p.m.



Promotion Rules

During the Elk Point Christmas Extravaganza
- Co-op shoppers will be eligible to win any
one or More of over 1000 prizes.

Here is how it works:

For every \$10.00 purchased at the Elk Point
Co-op during our Extravaganza, you will be
eligible to make one draw from our draw box.
I.E. \$50.00 Purchased - 5 Draws; \$100.00
Purchased - 10 Draws. Every time you make
a draw you have a 1 in 4 chance of winning
any one of the following prizes:

- 1 - Turkey
- 1 - Ham
- 1 - Mix Master
- 2 - Soccer Balls
- 1 - Oreo Sweat Shirt
- 1 - Goody Bath Towel
- 1 - Black Sweat Shirt
- 3 - Co-op Caps
- 1 - Coca Cola Watch
- 1 - Grey Cup Sweat Shirt
- 4 - Blow Up Toys
- 1 - Pen & Pencil Set
- 1 - Cordless Screw Driver
- 1 - Indoor Basketball Set
- 36 - Elk Point Sweat Shirts
- 132 - NHL Glasses
- 1 - Genesis Game
- 1 - Plush Toy
- 1 - Bicycle Helmet
- 1 - Bicycle Lock
- 25 - Tiny Toon Fruit Snacks
- 44 - Nature Valley Granola Bars
- 4 - Suncrisp Granola Bars

GRAND PRIZE

2 CHANCES FOR A FULL
REFUND OF TILL SLIP

Purchase must be made
during Extravaganza.
Maximum \$250.00
per chance.

- 48 - Batman Fruit Snacks
- 11 - Game Boy Fruit Snacks
- 15 - Super Mario Fruit Snacks
- 60 - Country Harvest Snack Crackers
- 48 - Hostess Chips
- 48 - 2 L Pepsi
- 120 - Old Dutch Chips
- 60 - Christies Escort Crackers
- 12 - 500 g Bacon
- 12 - 3 L Apples
- 36 - Bicks Dill Pickles
- 12 - Christies Holiday Oreos
- 24 - Betty Crocker Brownie Mix
- 24 - 1.36L Co-op Tomato Juice
- 120 - 1L Sunrype Apple Juice
- 24 - Dare Bretton Crackers
- 24 - 200g Co-op Peanuts

Plus Many More Asst. Products

The Elk Point Christmas Extravaganza Scratch & Save

December 2nd, 1994

6:00 p.m. - 11:00 p.m.

Save 5% - 25%

6:00 p.m. - 9:00 p.m.

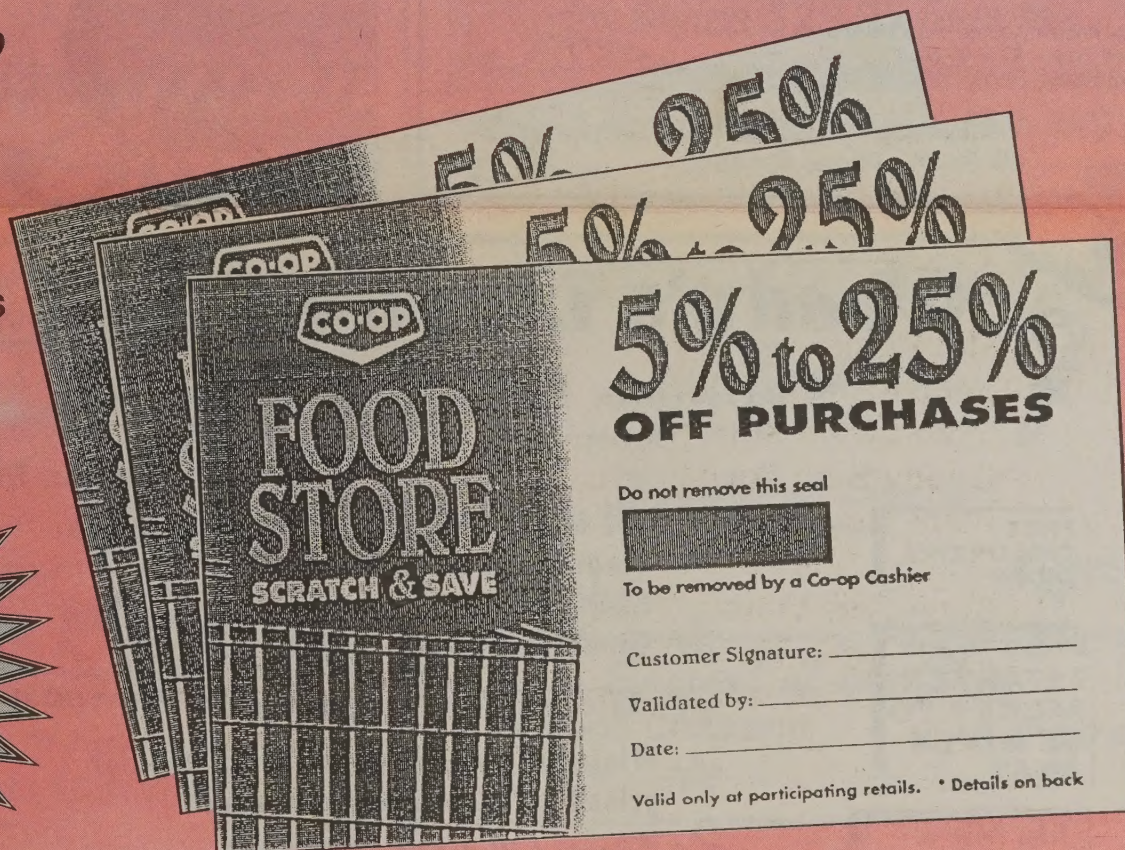
Save 10% - 50%

9:00 p.m. - 11:00 p.m.

**DISCOUNT APPLIES TO
ELK POINT CO-OP
STORE ONLY.**

**DISCOUNTS DO NOT APPLY
ON TOBACCO - CIGARETTES
& FREEZER ORDERS.**

THE
ELK POINT
BOY SCOUTS
will be
SELLING POPCORN
IN THE CO-OP STORE
6 - 11 p.m.
They will receive all proceeds
from their sale.



**ELK POINT
STORE**

Monday to Thursday
9:00 a.m. to 6:00 p.m.

Friday 9:00 a.m. to 9:00 p.m.

Saturday 9:00 a.m. to 6:00 p.m.

ELK POINT CO-OP STORE

*Owned by the Members
We Serve*

We reserve the right to limit quantities.

CO-OP

Co-op Hassle-Free **GUARANTEE**

Your Co-op puts every effort into providing you with high quality products and excellent service. If, for some reason, you are not completely satisfied with your purchase, come back to your Co-op. When you leave, you'll be satisfied...we guarantee it. At Co-op, getting satisfaction is hassle free. Guaranteed!

**Millie's
Flowers & Crafts**
wishes all her friends and customers
a Happy Holiday Season

**20%
off** Entire Stock

Friday, December 2, 1994
9:00 a.m. - 11:00 p.m.

724-4260

Dave's Pizza
is celebrating

Extravaganza

With a prize that keeps on giving ALL NEXT YEAR!
Any order of \$12.00 or more on December 10/93
(all day, 10:00 a.m. to closing)
entitles you to enter a draw for:

1st Prize -- A large pizza per month for a year
2nd Prize -- \$100.00 cash
3rd Prize -- Steak dinner for four

Highway 41 & 50 Ave.
Elk Point -- Phone 724-3550



Extravaganza Specials

Friday, December 2 - Hours: 8:00 a.m. - 11:00 p.m.

Oxford File Drawer	Reg. \$39.99	Sale \$27 ⁹⁹
Solid Oak Desk Set	Reg. \$69.99	Sale \$34 ⁹⁹
Precious Metals Pens	Reg. \$4.99	Sale \$3 ⁹⁹
Electric Mouse Markers	Reg. \$4.89	Sale \$1 ⁹⁹
Designer Pencils	Reg. \$2.39	Sale \$1 ²⁹
Hardcover Classic Books	Reg. \$4.99	Sale \$4 ⁴⁹
Christmas Coloring Books	Reg. \$1.75	Sale \$1 ⁴⁹
Christmas Sticker Books	Reg. \$2.00	Sale \$1 ⁶⁹
Christmas Coloring Books	Reg. \$1.60	Sale \$1 ²⁹
Christmas Golden Books (Hardcover)	Reg. \$1.10	Sale 99 ^c
Golden Story and Sound	Reg. \$12.99	Sale \$9 ⁹⁹
Golden Board Books For Infants	Reg. \$4.99	Sale \$3 ⁹⁹
Calligraphy Deluxe Set	Reg. \$18.99	Sale \$14 ⁹⁹
Calligraphy Set	Reg. \$14.99	Sale \$11 ⁹⁹
Pen Sets		
Mech. Pencil and Ballpoint Pen	Reg. \$7.99	Sale \$4 ⁹⁹
Rubbermaid Laptop Desk	Reg. \$26.00	Sale \$22 ⁰⁰

Many More Great Gift Ideas
and Stocking Stuffers

Elk Point Review
4809-50 Ave., Elk Point
Ph. 724-4087

Woody's Trophy & Gift Shop

Christmas Extravaganza Specials

December 2, 6:00 p.m. - 11:00 p.m.

**FREE
CHILDREN'S
DRAW**

**ENTER TO WIN
1 STARTER
JACKET TO
BE GIVEN
AWAY**

**Video Point
Specials
used Reg. Nint.
Games - \$15.00ea.**

★ All MWG JACKETS - only \$99.99 ea.
(reg. up to \$148.99)

★ Stocking Stuffers - up to 50% off

★ Selected T-shirts - 40% off

★ Minimum 10% discount on all regular
priced giftware and sportswear

★ Selected Watches - 40% off

★ See our great selection of Starter
Jackets and Starter Hats, CCM
Practic Jerseys & Licensed Apparel!

**FREE
COFFEE**

**FREE
POPCORN**

**Video Point
-free draws
throughout
the evening
-rent 2 new
releases - get
1 children's
movie free**

**TAKE A LOOK AT US NOW!
WE HAVE EXPANDED OUR STORE TO SERVE
YOU BETTER! NEW TO WOODY'S TROPHY -
IN-STORE COMPUTER EMBROIDERY!**

Woody's Trophy - Elk Point --- Ph. or Fax 724-4413

STEVE THE SLASHER HAS SLASHED PRICES

For Extravaganza - Friday, December 2, 1994

6:00 - 7:00 - LADIES' BEADED LINED MOCASSINS
Reg. to \$44.95 ONLY **\$35⁰⁰**

7:00 - 8:00 - **20% OFF ALL WINTER JACKETS**

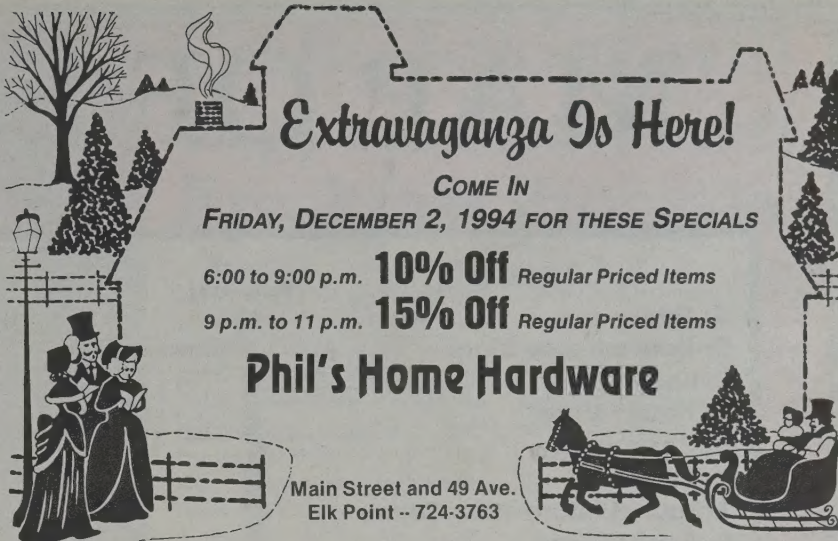
8:00 - 9:00 - **30% OFF ALL JEANS**

9:00 - 10:00 - **33¹/₃% OFF** Selected Rack of **MEN'S SHIRTS**

10:00 - 11:00 - **40% OFF ALL MEN'S SWEATERS**

WOLANUK'S FASHIONS & FOODS LTD.

Box 538, ELK POINT, AB. 724-3675



Extravaganza Is Here!

COME IN
FRIDAY, DECEMBER 2, 1994 FOR THESE SPECIALS

6:00 to 9:00 p.m. **10% Off** Regular Priced Items
9 p.m. to 11 p.m. **15% Off** Regular Priced Items

Phil's Home Hardware

Main Street and 49 Ave.
Elk Point -- 724-3763

CHRISTMAS FARMERS' MARKET & MINI CRAFT FAIR

Friday, DECEMBER 2 - Noon to 9:00 p.m.

UNITED CHURCH HALL

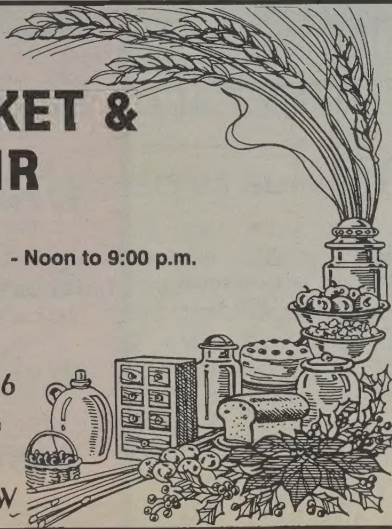
50 Ave., Elk Point

FINAL MARKET OF THE YEAR - DEC. 16

CHRISTMAS CRAFTS, BAKING

AND MUCH MORE

ENTER OUR DOOR PRIZE DRAW



THE CUTTING EDGE invites you to STYLES ON VIDEO

Friday, December 2,

NOON to 9:00 p.m.

12 Styles - \$24.95 -

24 Styles \$29.95 plus tax

For Appointments call 724-3991



Drop Into Our Place...

CAPITAL DRUGS

50 St. and 49 Ave. -- Elk Point

Extravaganza Specials

6:00 to 8:00 p.m.

10% Off

All Regular
Priced Items

8:00 to 10:00 p.m.

20% Off

All Regular
Priced Items

10:00 to 11:00 p.m.

30% Off

All Regular
Priced Items

BOXED CHOCOLATES

DAIRY BOX
450 g

\$7.99

BLACK MAGIC
450 g

\$7.99

POT OF GOLD
450 g

\$6.99

TURTLES
400 g

\$6.99

UNICARE SHAMPOO /
CONDITIONER

600 ml

99¢

NATURAL SCENT SHAMPOO
/ CONDITIONER /
BUBBLE BATH

600 ml

99¢

PEPSI / 7-UP

Case of 12

\$4.99 plus dep.

Not including Tobacco Products, Plus Ongoing Toy Sale and Jewellery
Prescriptions and Sale Items See Our Flyers for Details

Extravaganza

at the *Empress*

Friday, December 2, 1994

Breakfast Special

Until 11:00 a.m.

Bacon
and Eggs

\$4²⁵

Special of the Day

Seafood Croissant
& Soup

\$5⁷⁵

Smorg of the Day

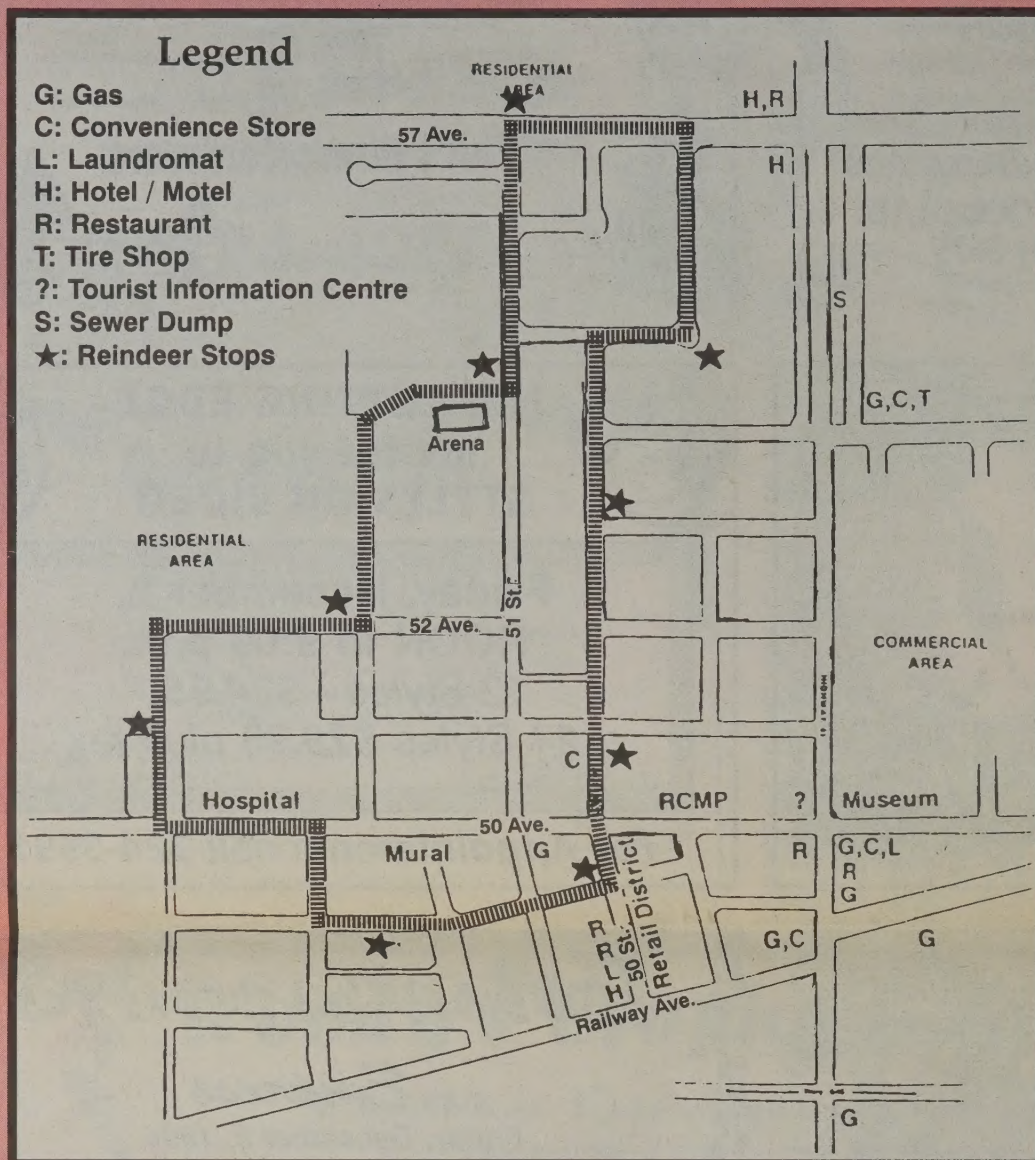
Sweet & Sour Pork, Beef & Greens
Fried Rice, Egg Rolls
Chicken Balls & Plum Sauce
Wonton Soup
Salad Bar & Desserts

\$9⁷⁵

Empress Family Restaurant

Main Street, Elk Point -- Phone 724-3828

MAP OF ELK POINT



Designated Hay Ride Stops

- ① Home Town Grocers
(50 St. & 50 Ave.)
- ② IDA Drugs
(50 St. & 49 Ave.)
- ③ Fort George Manor
(49 Avenue)
- ④ 54 Street / 54 A Street
- ⑤ Parkview Extended Care Wing
- ⑥ AG Ross Arena
- ⑦ 51 Street and 57 Avenue
- ⑧ 55 Avenue and 50 Street
- ⑨ 50 Street and 53 Avenue

Many Thanks to our Corporate and Business Sponsors

Pan Canadian Petroleum	Shamrock Valley
Norcen Energy Resources	Enterprises
Jorvik Machine Tool	Amoco Canada
& Welding Inc.	Lakeland Tire Ltd.
B J Trucking	C J Petroleums
Elk Point Gas Ltd.	Leeway Heavy Oil
BMW Monarch	E-Can Oilfield Services
Elk Point Insurance	JMB Crushing Systems
& Realty	Remax - Lakeland Realty
Fort George Motel	- St. Paul & Elk Point
Town of Elk Point	Higgins Travel
Alberta Treasury Branch	& Photography
Superior Propane	Tarsands Steam Cleaning
Investors Group	Toronto Dominion Bank

Participating Merchants

Stedmans V & S	Golden Loaf Bakery
Home Town Grocers	Empress Family
Footprints Subs	Restaurant
& Arcade	Woody's Trophies
Shoes 'R' Us	& Gifts
Cuts Plus	Phil's Hardware
Jeannine's Fashions	Wolanuk's Fashions
Northbound 41	& Foods
Single Styles	Capitol Drugs
Elk Point Co-op	Dave's Pizza
The Cutting Edge	Elk Point Review
Millie's Flowers	Hillside Texaco
& Crafts	Vincent Building
In Days of Olde	Supplies

Crafts, baking will support Head Start Breakfast Program

Heinsburg Community School feels that good nutrition promotes positive learning. Good nutrition starts with a good breakfast, and since students don't always begin the day that way, the school is hoping to see that they do. Thus was born the Head Start Breakfast Program.

Some of the funding for the program will come from a pre-Christmas craft and bake sale

to be held at the school on Saturday, December 10, beginning at 10 a.m.. Tables are going fast and merchandise on offer will include willow furniture, baking, fabric crafts, floral arrangements and wood crafts.

What a great opportunity to help this worthwhile program get underway, and do your Christmas shopping at the same time!



AWARD WINNING SLEUTHS - Front row, left to right: Joey Farebrother, Kent Bjornstad, Tanya Pankiw, Denise deMoissac; centre row, left to right, Denise Smereka, Jeremy Johnson, Kandice Bjornstad, Kylee Saranchuk; Back, left to right: James Babenek, Dean Kozicki, Kyle Bintz, Greg Zarowny and Heidi Kozicky.

Case closed - amateur detectives solve the crime

By Sherlock Smereka

F. G. Miller High School

Who dun it? Here's the answer we've all been waiting for...

Brad Larsen found a forged prescription and realized that his stepfather, Tony Hunt was supplying his mistress, Joan Gilmore, with drugs. Tony was doing this by stealing Dr. Elizabeth Larsen-Hunt's (Brad's mom) prescription pads and forging her signature.

He kept the prescription as evidence to persuade his stepfather to break off the affair. He was interested in saving his mother from grief. His mother, however, was already aware that something was wrong and had changed her will to leave everything to Brad, her son. Tony, who finds the new will, was worried that his source of money would have been cut off.

Tony, the stepfather, confided in his mistress Joan and they planned to get rid of Brad. Joan was also worried that information on her addiction would jeopardize her funding for research projects and be detrimental to her career which was just starting to take off as a result of her research.

Joan gave Tony some plant poison. They placed it in the last Amoxil capsule that Brad was taking for his cold that evening, with his dinner, before going to the movies. They went to Brad's house (Joan's footprints indicate she was there) and tampered with the pill bottle (Tony's fingerprints were found under the lid of the prescription bottle).

Brad's mom, Elizabeth, should be careful, it is likely she will be next.

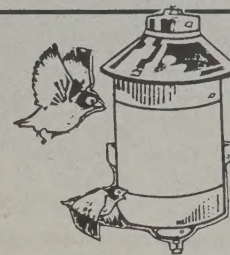
How many of you were right? Now that Rigor Mortis

in Row Six is closed, our research department can now reveal that 177 detectives chose Tony Hunt, 34 chose Joan Gilmore, and 20 said it was a combination of the two. More really deduced it was both Tony and Joan, but were asked to put down only one name on their ballot. In total, 231 out of 281 detectives caught the villains. Way to go, Crusaders!

There are a great many people to thank for the success of the program. First and foremost, the Science Alberta Foundation (a non-profit organization located in Calgary) should be commended on bringing such a realistic but extremely exciting forensic program to schools and organizations across Alberta. All of the students, staff and volunteers that participated in the week-long program found it downright FUN. It showed us how science is used to solve crime. And by the end of the week, taught us to look at science in a new light. 11 week the halls were a-buzz with students discussing their theories about the case.

Coming just under the Science Alberta Foundation for the success of the program would be all the parents, staff and community members who put in a total of 136 volunteer hours. Those wonderful people are: Cst. Chris de la Giroday, Diane Frankiw, Nellie Hillebrand, Adele Mandryk, Elaine Ziomek, Billie Milholland, Martha Klauke, Sharon Rogers, Gabe Bayduza, Sherry Pelech, Mary Anne Fry, Lisa Nielsen, Linda Hammond, Tara Nielsen, Diane Fraess, Twila Kenyon, Cheryl Baumgardner, Sylvia Merrick, Maryann Kozicky, Daphne Schnurer, Doreen Mayner,

Frank Mayner, Cheri Lindquist, Barb Anderson and Donna Gulayec. The staff who helped out were: Holly Ross, Maureen Ference, Bryce Lorensen, Laura Speight, Mike O'Neill, Deborah Dennison, Randal Kryes, Karen Kendel, Norm McCowan and Lily Pentek. My personal thanks to Krista Seward and Ilona Schade for all the work they did helping me with the preparations for the program, 2M Resources for How to Host a Murder (Star Trek Edition) which was won by Tanya Pankiw from Grade 6, and the F. G. Miller Students' Union for donating the game Clue won by Dean Kozicki from Grade 12. The other prizes of books (What's the Verdict and Great Book of Whodunit Puzzles) were donated by the R. E. Beattie Library. There was one winner from each class that participated in the program. The winners were: Joey Farebrother and Kent Bjornstad (Gr. 6), Denise deMoissac, Kylee Saranchuk and Greg Zarowny (Gr. 7), Jeremy Johnson and Kandice Bjornstad (Gr. 8), James Babenek and Kyle Bintz (Gr. 9), and winning the senior high book was Heidi Kozicky from Grade 11. Last but not least, thanks go out to Mrs. Maureen Ference and the following students for their caricatures of the seven characters of the story: Chad West, Peter Danyluk, Crystal Smith, Marci Bintz, Thomas Goulet, Jena Bassett, Jennifer Riley, Greg Zarowny, Shalene Slywka, Levi May, Vicki Jamieson and Michael Povaschuk. Your idea and drawings made the layout of the program more exciting. The pictures were great!



GIGANTIC BIRD SEED SALE

"Treat a bird to lunch"

Small Black Sunflower Seeds

NO GST

15 kg
\$9.00

25 kg
\$14.00

Utility Grade - 25 kg -- \$7.50

Locally Grown and Processed

Ph. 724-2267

Free Delivery if Quantities Allow

SAVE TAXES ON \$100,000

Saving on income taxes is something everyone is interested in doing. When 1994 tax returns are prepared, many people will have the opportunity to save as much as \$34,500 in taxes on capital gains. You can do this by using the \$100,000 capital gains exemption which was eliminated in the 1994 federal budget. If you want to take advantage of the exemption and save taxes you must use it now or lose it. Here's how it works:

If you have any personal investments that have increased in value since the time you bought them you probably have a capital gain. By completing a special form with your 1994 tax return you can have up to \$100,000 of the capital gain tax free. This would save you taxes, however if not done correctly it could also cost you taxes.

Your personal investments might include rental properties, farm land, a cabin at the lake, any other real estate, mutual funds, shares on the stock market or in private companies, jewellery, and collections such as coins, stamps, antiques and works of art.

For some people, planning for the capital gains exemption before the end of the year might make the difference in being able to use the \$100,000 capital gains exemption or not using it at all. A lack of planning could also result in paying taxes that could have been avoided. Steps can be taken to ensure that you will qualify but they must be done before the end of 1994.

Wilde Miller Tetreau, Chartered Accountants in Vegreville, can show you how to qualify for the capital gains exemption and save taxes. We can also identify any pitfalls you might face and how to avoid the pitfalls.

You might want to start gathering your information now to avoid last minute headaches. Write down a description of each of your investments, the month and year you bought them, what you paid for them, and their value on February 22, 1994. Then figure out the gain on each of the investments. The first \$100,000 of your gain might be tax free!

Many special rules apply to the use of the capital gains exemption. For example, if you have real estate, you must have owned it prior to February, 1992 in order for the gain to qualify for the exemption and then only a part of the gain will qualify. Other items that must be considered are cumulative net investment losses, business investment losses, V day values, alternative minimum tax and prior capital gains deductions claimed.

Making use of the tax free capital gain could affect the following: marital tax credit, child tax benefit, GST credit, medical expense tax credit, clawback of old age security and/or unemployment insurance benefits, OAS supplement, widow's benefit and the Alberta Senior's benefit.

When preparing your 1994 tax return you should read through Revenue Canada's tax guide on capital gains to find out many of the things you will have to consider. You can get a free copy by calling the Tax Department.

If you would like to discuss your situation with **Wilde Miller Tetreau, Chartered Accountants** or have us prepare your tax return please contact our office at 632-3673 or 1-800-808-0998 for long distance calls. We understand the trips and traps on capital gains and can help you save taxes.

Disappointing weekend for Elks

Elk Point Elks had a disappointing weekend, both at home and on the road, with losses to Cold Lake Packers on Friday night and Kitscoty Monarchs on Saturday.

Friday's visit from the Packers seemed like old times in the Centennial League, when they traditionally came,

saw and conquered. Cold Lake racked up four goals in the first period, two of them in the first 121 seconds, and two more in the second before the Elks hit the scoreboard. Rick Austin, assisted by Jon Olson, gave the Elks their first goal with just under 3 minutes left in the period, and combined their tal-

ents again early in the final period, following two more Packers' goals, to make the score 8-2 for Cold Lake. The Packers added a parting shot with 36 seconds remaining for a final score of 9-2.

While Friday's game was high on scores, it was far from boring, with nonstop

onslaughts by both teams. Penalties were numerous, and included two misconducts for each team. Five of the Packers' goals and one of Elk Point's were power plays, which indicates once again that it's hard to play defence from the penalty box.

Sunday's game saw the Elks with a 3-1 lead after the first period, although the hometown Monarchs had the first goal. Cory Laboucane, assisted by Jon Olson and Allan Loughran, Dwayne Karbashewski, assisted by Derrick Keller, and Jon Olson, assisted by Cory Laboucane, scored for the Elks as they got

off to a good start. The second period saw the Monarchs catch up and pass the Elks, although Rick Austin's goal, assisted by Laboucane and Olson with just less than three minutes remaining, kept the margin to a single point. Kitscoty pulled ahead by two more goals in the third, while Karbashewski scored a fifth goal for the Elks off assists by Laboucane and Olson, for a 7-5 final score.

The Elks are now girding up for their return match against Cold Lake, which goes this Thursday evening in Cold Lake. Their next home game is slated for Friday, December 9 against Marwayne.

More News from Elk Point FCSS

(Continued from p. 3)

PRACTICAL THOUGHTS ON PARENTING

Athabasca FCSS has just published a parenting handbook. Included are 160 pages of thoughts and tips on practical ways to approach: grief, addictions, first aid, nutrition, teens, health, blended families, self-esteem, discipline, communication, stress, values, sexuality and education. All this for only \$6 plus postage and handling! Order forms are available from Elk Point FCSS or by calling Athabasca FCSS directly at (403)675-2623.

LAST CHANCE!

This is your last chance to be included in the Community Directory and Volunteer Directory. FCSS compiles information about all Elk Point

organizations, with a description on the organization's mandate, how they contribute to the community, meeting dates, contact names and phone numbers, if there is a volunteer component involved, and more! These directories are then made available to the community with up-to-date information about our organizations. They are also included in the Welcome Package to alert newcomers and prospective residents to the services our community provides. We would be happy to include (or update) information about your organization in the directory. The deadline date for submissions is December 5. Call Rick Peters at 724-3800 for more information.

BE SURE TO ATTEND!

Mark Thursday, December 8 on your calendar and be sure to attend the Annual F. G. Miller Fine Arts Festival. The cost is only \$2 for an evening of excellent entertainment. The festival will take place at F. G. Miller Jr.-Sr. High School from 7:00 to 9:00 p.m. Call Leonard Franko at 724-3966 for more information.

TIDBITS

Choosing to do nothing is still choosing. Your choice always contributes to the outcome of any situation.

Your children need your presence more than your presents.

It's said that you can't teach an old dog new tricks, but that's only true if the old dog doesn't want to learn.

DECEMBER 1st is WORLD AIDS DAY

Aids in the small community

"Aids?! It will never happen to me". That's true, especially if you live the rest of your life in small-town northeastern Alberta. Regular statistics kept on the disease indicate that this part of the province has a far lower incidence than in Edmonton and Calgary. And if you are not homosexual or bisexual, a former frequent user of blood products, or an injectable drug user, chances are you will never be in any danger of contracting the disease. But if you engage in unprotected sex, regardless of where you live, statistics show your time clock is on.

Canada has one of the highest rates of infection in the developed world. The epidemic has spread rapidly, and it is estimated that 30,000 Canadians are now infected with HIV. In Alberta in 1983 there was one case of Aids reported; in 1994 there were 654. Worldwide there are 11-13 million people infected with HIV. Of these 1.5 million have already contracted AIDS, the

most serious form of the infection. December 1 is the day set aside worldwide to increase awareness of this very serious disease.

Aids is caused by the virus, Human Immunodeficiency commonly known as HIV. The virus must enter your bloodstream to infect you. The most common ways the virus gets into your bloodstream are 1. sexual contact 2. sharing needles 3. mother to babies. There is very little chance that you will receive the virus through a blood transfusion. Blood supplies in Alberta have been screened since 1985. In 1994 zero cases of contracting the disease through blood products were reported in Alberta down from a high of 36 in 1986. Since 1991 the number of reported cases has fallen from 8 to 0.

Aids and sex is therefore the next logical topic.

Activities with the highest risk of getting Aids are anal or vaginal sex without a condom. Sharing sex toys, sex during

menstruation without a condom, sex if either partner has cuts, sores or scratches where the virus could enter, and any activity that allows blood-to-blood or semen-to-blood contact.

For those people who have made the decision to have sex with partners whose medical history is unknown the decision then is what type of condom to purchase. The best choice is a latex condom which comes lubricated with spermicide (nonoxynol-9) because this spermicide kills the virus. Using extra spermicide gives even more protection. Animal membrane condoms are not recommended since they are more likely to break and leak the Aids virus.

A last note. If you think "it can never happen to me", think again. Last year in Alberta there were 258 cases of Aids recorded in the 25-34 year old age category. But experts estimate that there are at least ten times the number of HIV carriers. It may not be in your home, but it's rattling the chain at your gate.

SILVER SHARK

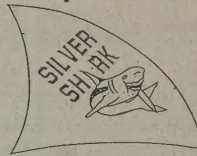
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* precooked weight 1/3 lb.



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What's News at the Library?

Special Christmas program starts this Friday

By Michele Duczke
Librarian

The Elk Point Public Library is planning a special Christmas program to tie in with our regular storytime. From now until Christmas, Storytime participants will be making ornaments to go on our Christmas tree. This year we have chosen the theme "The Twelve Days of Christmas." Ornaments representing all 12 items are on the agenda. If anyone has any interesting ideas for simple ornaments to make, please let me know at the library. All suggestions are welcome as is anyone who would like to come to storytime on Friday mornings and help with the ornaments. You don't have to bring a kid, just your imagination and Christmas spirit.

PIONEER CIRCLE BINGO

November 21, 1994

Carol Bugera \$15, Lynn Lundgren \$15, Lil Sass \$30, Sharon Lafrance \$30, Kathy Zarowny \$15, Bernice Bykowski \$15, Florence Demchuk \$30, Lil Ewasiuk \$10, Marg Clark \$10, Irene Dion \$10, Lynn Boyko \$30, Anton Zarowny \$30, Mike Watchmaker \$30, Frances Voutour \$30, Leona Bielech \$30, Mike Watchmaker \$30, Ann Sheplawy \$30, Peter Dion \$30, Lil Malo \$30, James Moosepayo \$73, Elsie Oryschuk \$22, Star Zapesocki \$29, John Sosnowski \$22, Lynn Lundgren \$50, Bill Zapesocki \$150, Olga Melnyk \$40, Ann Piotrowski \$20, Alf Fakeley \$20, Ed Piotrowski \$40, Jean Russell \$40, Olga Bayrock \$40.

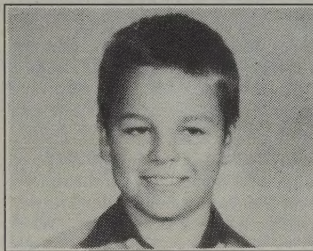
Coffee and tea will be available.

The second part of the Christmas program also involves adult participation at storytime. I would like to share with the kids at storytime tales of Christmas past and Christmas traditions from all over. If you have a personal Christmas memory or tradition you would like to share, we would like to hear it. You can contact Michele at the library in person or by phone at 724-3737. Advance notice is welcome but not necessary. You can come to the library for storytime and let Michele know just before the program starts so she can give you a warm introduction.

Finally, our Christmas program climaxes with the Christmas Party on December 16 at 10:30 a.m. Everyone is

invited to attend with a special invitation extended to the seniors in our community. Along with refreshments there will be stories, songs, a game or two and a pinata, not to mention a certain person in red. If all goes well when I make the pinata, there may be more than one to swing at. The last ornament will be hung on the tree and all the Christmas decorations should be in place. It should be a blast.

IN MEMORIAM



ORR, Clayton

In loving memory of our beloved son, brother, and grandson, Clayton Orr, who passed away suddenly on November 30, 1986.

*This month comes with deep regret
It brings back a day we cannot forget
In our hearts you will always stay
Loved and remembered day by day
We miss you more than anyone knows
As each day passes, the emptiness grows
The tears in our eyes we can wipe away
But the ache in our hearts will always stay.*

*Life must go on we know it's true
But it's not the same since we lost you
No one knows the sorrow we share
When the family meets and you are not there
If we could have one lifetime wish
One dream that could come true
We would wish with all our hearts
For yesterday and you.*

Clayton, even though you and your voice have moved on, we will remember you forever. Love always, Mom, Dad, Jeffrey, Grandmas and Grandpas.

LIBRARY CALENDAR:

Friday, December 16 -Elk Point Public Library's Storytime Christmas Party. Everyone is invited to meet Santa, take a swing at the pinata

IN MEMORIAM

UCHMAN, STAN

In loving memory of Stan Uchman, who passed away December 4, 1988.

*Six sad and lonely years have passed,
Since that great sorrow fell.
The pain that we felt that day,
No one can ever tell.
So please God take a message,
To my husband, our Dad and Grandpa up above.
Tell him how much we miss him,
And send him our love.*

Sadly missed by wife Anne, children and grandchildren.

COMMUNITY NEWSLINE

Al-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

T.O.P.S. meets every Wednesday, 6 p.m. - 7 p.m., Old Courthouse, west door, Elk Point.

"Welcome Package" available for newcomers moving into the town of Elk Point. If you would like to receive a package, please call Elk Point Community Services at 724-3800.

Recycle Your Paper - Paper trailer is located at the Universal Bottle Depot - 5214 Railway Ave. We take newspapers, flyers, computer and bond paper. No cardboard boxes, milk or egg cartons, phone books or glossy magazines. Please sort and bundle with string or put in cardboard boxes.

Elk Point Public Library - Mon. - CLOSED; Tues. 10 a.m. to 5 p.m.; Wed. 2 p.m. to 9 p.m.; Thurs. and Fri. 10 a.m. to 5 p.m.; Sat. 10 a.m. to 3 p.m.; Storytime - Fri at 10:30 a.m. Photocopies. Extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

The Elk Point Legion now meets on the 2nd Tues. of each month at 7:30 p.m. in the Seniors' Centre.

Elk Point Auto Club - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. More information call: Ed Smith at 724-2527.

Elk Point Olletes regular meeting is the 1st Thursday of the month. For more information, call Fay at 724-2036.

Farmers' Market and Garage Sale - New and Old. Fridays 12 noon - 4 p.m. in the United Church Hall, Elk Point. Tables are \$5. To book a table call Lois 724-3823 or Sharon 724-3803.

Elk Point & Area "Stop Family Violence" Support Group - meetings are held 2 times a month. For more information call 724-2380.

The Elk Point Support Group - meets on the 1st and 3rd Tuesday of the month at 7:30 p.m. More info: 724-2203 or 724-2380.

La Leche League meets every 2nd Thurs. of the month at 7:30 p.m., 5017 - 56 Ave., Elk Point. Contact 724-4491.

Adoption Support Krew - meets the 2nd Mon. of every month at Social Services Bldg., St. Paul from 7:30 - 9:30 p.m. For more info call 724-3031.

Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

ta and enjoy the holiday season.

DID YOU KNOW:

Two creators of enduring fiction classics share the same birthday, November 30th. Jonathan Swift, writer of Gulliver's Travels, was born in 1667. Samuel Clemens (Mark Twain), creator of Tom Sawyer and Huckleberry Finn, was born in 1835.

CHURCH SERVICES

Elk Point Baptist Church
10:00 a.m. - Sunday School; 11:00 a.m. - Worship Service; Evening Services - Alternately held at the Heritage Lodge and Hospital; Tuesday, 10:00 a.m. - Ladies Bible Study (Child Care provided)

**United Church of Canada
Elk Point**

CHURCH OFFICE HOURS
Normally - Mornings Tuesday to Saturday;

WORSHIP SERVICES
Sunday - 10:00 a.m. Church Service; 10:00 a.m. Sunday School

**Elk Point Christian
Community Church**
Call Laurie or Jerome Keichinger at 724-2646 for service times.

**Bible Fellowship Church
Clandonald**
Services held every Sunday at 11:00 a.m.

**St. Michael's
Catholic Church**
Sunday Mass 12 p.m.

**Bethel Lutheran Church
of Lea Park**
Sunday Worship Services, 10 a.m.

**St. Vladmirs' Ukrainian
Orthodox Church**
ELK POINT
For service times, call 645-5156, St. Paul or 724-4351, Elk Point.

ELITE THEATRE
Movie Information Lines
St. Paul, 645-3448. Two Hills, 657-3339
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Dec. 2 - Dec. 8
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December 2 - 8

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Kissimmee Industries: 4613 - 51 Ave.
Elk Point, Ab. Phone: 724-3050



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13.....Livestock	100.....Display Ads

1 AUCTIONS

BUD HAYNES gun auction, Dec. 5 & 6, 7 p.m. Holiday Inn, Red Deer. Estate Doug Hawthorne, lifetime collection. Estate Dr. White, Wainwright, (military). Brochure fax 1-403-347-7633, 403-347-7301. 2-1-49

UNRESERVED TRUCK & EQUIPMENT Auction, Mon., Dec. 5, 1994, 9:00 a.m. Selling on behalf of the City of Calgary, AGT Limited, TransAlta Utilities Corporation, The County of Lethbridge & other consignors. 93 Hitachi EX200 Excavator; 93 J.D. 544G Wheel Loader; 89 Cat D7H LGP and 87 Cat D8N Dozers; Cat 14G Grader; (2) Vohl 9' Snow Blowers; (3) 91 Freightliners FL112's; 87 IHC w/TKII Auger; Gravel Trucks, Service Trucks, etc. For further information please call CPA - Canadian Public Auction Ltd., 1605-34 Ave., S.E. Calgary, AB, 403-269-6600. 2-1-49

2 AUTOS

FOR SALE: 1977 Thunderbird with 30,000 original miles. \$3000. P.W., 400 c.i., A/C. Phone 403-826-5280, Bonnyville.

2 AUTOS

98 OLDSMOBILE BROUGHAM REGENCY (1990) - Michelin tires, clean, well maintained, 4-dr., fully equipped, keyless entry, does 35 m.p.g. \$14,500, new \$35,000. Retired farmer. 487-3231.

1990 TEMPO GL - One owner, 4-dr., 4-cyl., auto., air, fully loaded, new tires, brakes and windshield. Excellent condition. Phone 724-2378 or 724-2827 (Bus.).

Consign your car, truck, motorhome, motorcycle with confidence.

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Specialty Motor Car

5037-50 Ave., St. Paul - 645-6998

FOR SALE: 1989 Chev 3/4 ton 4x4, 3 spd auto, \$8500. 1990 Dodge 1/2 ton 4x4, 4 spd auto, \$5500. 724-2519.

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CLASSIFIED AD RATES

St. Paul Journal / Two Hills County Journal

Tuesdays - \$4.00 per week + G.S.T.
Elk Point Review

Tuesdays - \$3.00 per week + G.S.T.
Grand Centre Sun

Tuesdays - \$3.00 per week + G.S.T.
Bonnyville Nouvelle

Tuesdays - \$3.00 per week + G.S.T.

Combination of all papers - \$12.00 / Week

(20 cents per word per newspaper insert over 25 words)

Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. **The publisher will not be responsible for errors in classified ads that have been phoned.**

Place your order at either of our offices:

St. Paul Journal - 645-3342

Elk Point Review - 724-4087

4 BUSINESS
OPPORTUNITY

WHY BUY? Drive a new vehicle of your choice. Write off the cost. Payments from \$249. per month. No down payment. Phone 403-870-2701. 7-4-49

USE YOUR MODEMS. Call Business Online Inc., BBS for businesses, entrepreneurs, professionals. Internet E-Mail, news groups. User friendly. Photos online, voice 403-448-7272. Modem: 403-990-0251, 403-990-0252, 403-990-0253. 7-3-49

SALES REPS REQUIRED. Contracts now available for exclusive territories throughout Alberta. Calling on C stores, bars, etc. You will market an exciting new Alberta snack food product. Annual income potential in excess of \$30,000. For more details call Chris Carr, NanVik Enterprises, 1-403-277-9688. 7-1-49

EARN \$50,000 +. Newest, cleanest laundromat in the province, asking \$150,000. Box 25025, Lethbridge Center P.O., Lethbridge, T1J 4P6 or fax 403-380-3379. 7-1-49

THRIVING SATELLITE BUSINESS in southern Alberta, close to metropolis. Over 200 subscribed customers with good potential for many more. Call or fax for details, 403-652-4466. 7-1-49

EARN ATTRACTIVE PROFITS the casual way selling Koala Kasuals clothing right from your own home. Koala Kasuals is a line of unisex, casual wear made in Alberta. Call 403-485-2960. 7-1-49

AMAZING! More money, free time, exciting opportunity, effective training provided. (Food/nutrition) 24 hour message, phone 403-347-8075. 7-2-50

TELECOMMUNICATIONS long distance service, cellulars, pagers. Earn 5% commission: 1,000 customers at \$200. LDU pays \$10,000. per month for life. No investment required. Information 1-800-700-3994. 7-1-49

6 EMPLOYMENT
OPPORTUNITY

WANTED: Contractors with skidders, St. Paul, Elk Point area. Phone evenings 366-2075. Also man with chain saws for limbing.

NEEDED IMMEDIATELY - Part-time assistant office manager for 80-suite complex, St. Paul. Daily 11:30 a.m. to 1:00 p.m. and 5:00 p.m. to 6:30 p.m. and approximately 4-5 hours some weekends. Will train. 645-3231.

WE ARE PRESENTLY accepting applications for the following positions: Partsperson, apprentice mechanic, journeyman mechanic. We are an ambitious and growing FNN Farm Equipment Dealership located in north central Alberta. If you are searching for a challenge in your career, and life in a vibrant community, we want to talk to you! Please send your resume to: Try-Star Farm Equipment Ltd., Box 4578, Barrhead, AB, T7N 1A4, fax: 403-674-6505. 13-3-49

TRAINING CAN HELP you improve your productivity. Enroll in a pre-employment carpentry or cooking program at the Alberta Vocational College, Lac La Biche. Start date Jan. 9/95. Call 403-623-5580 or 403-645-6214, toll free 310-0000. 8-2-50

FORD EXPERIENCE PREFERRED partsperson, auto technician and shop foreman for modern, rapidly growing northern Alberta dealership. Apply in confidence to Garand Jones, Dealer Principal, Monahan Ford, Box 1869, High Prairie, AB, T0G 1E0. Phone 403-523-4193, fax 403-523-5000. 13-2-50

6 EMPLOYMENT
OPPORTUNITY

WANTED: Contract log trucks for winter work. 30 miles bush road and 18 miles highway. Low traffic, competitive rates, fuel efficient haul. Call 1-403-523-4544. 13-2-50

REGISTERED DENTAL ASSISTANT, Level II, (Alberta Certified). Part-time, lasting approximately 6 months. Beginning January 1995. Please send resume: c/o Box 793, Rocky Mountain House, AB, T0M 1T0. 13-2-50

DENTAL HYGIENIST (Alberta Certified). Part-time position which could work into full-time position for correct individual. Starting January 1995. Please send resume: c/o Box 793, Rocky Mountain House, AB, T0M 1T0. 13-2-50

HEAVY DUTY MECHANIC required for oilfield rental trucking company. Shop and field experience an asset. Good wages and benefits package available for the right person. Send resume to: Box 6038, Drayton Valley, AB, T7A 1R6 or fax resume to: 403-542-6866. Can call Tracy 403-542-3230. 13-2-50

SOUTH CENTRAL ALBERTA GM dealership requires licensed General Motors Technician flat rate shop. Top wages and benefits. Send resume in confidence to: Hildebrand Chev Olds, 6401 - 46 St., Olds, AB, T4H 1L7. 13-2-49

NORTHERN FORD DEALERSHIP requires 4th year or journeyman mechanic. Excellent wage, benefits and training. Call Dave at 403-926-2291 or fax resume to 403-926-4204. 13-2-49

SERVICE TECHNICIAN required for a GM dealership. Fully licensed or 3 year apprentice with GM experience. Excellent remuneration with company benefits in clean working conditions. Send resume to: Service, Box 608, Brooks, AB, T1R 1B6. 13-1-49

SERVICE ADVISOR REQUIRED for a well established GM dealership in a thriving southern Alberta community. Please send resume to: Advisor, Box 608, Brooks, AB, T1R 1B6. 13-1-49

BAKERY MANAGER REQUIRED. \$320,000/yr operation. Salary/benefit package negotiable. Send resume to: Innisfail Co-op, 4303-50 St., Bay #1, Innisfail, AB, T4G 1B6. Attention: Richard Bien. 13-1-49

CITY OF WETASKIWIN has openings for fulltime and part-time lifeguard II's and part-time lifeguard I. Individuals will be a lifeguard and instructor of RC and RLSS programs. LG I has some receptionist duties, LG II pool chemistry. Deadline 02/12/94. For information 403-352-3344 or 4904-51 St., Wetaskiwin, AB, T9A 1L2. 13-1-49

COMBINED LABORATORY and x-ray technician: Temporary - part-time to cover 9 months LOA, remuneration accordance with H.S.A.A. Apply Basano General Hospital, Box 120, Basano, AB, T0J 0B0. Phone: 641-3520. 13-1-49

HEAVY EQUIPMENT labourers, operators, pipeline workers! Looking for employment? We can help. Small fee. Contact with over 200 employers. Call toll free 1-800-621-8985. 13-1-49

TECHNICIANS REQUIRED - 2nd or 3rd year apprentice's and auto detailers for a Ford dealership in N.E. Alberta. Ford experience and asset. Contact Roger at 403-623-4505 or 1-800-990-4399. 13-1-49

EMPLOYMENT OPPORTUNITY! Timber tire is presently accepting applications for tire men (M/F). Excellent wages for top performers. Steady employment, company benefits. Phone 403-778-3863 to arrange for interview. 13-1-49

6 EMPLOYMENT
OPPORTUNITY

JOURNEYMAN MECHANIC for Ford dealership in Consort. Salary based wages to \$17/hr. Full benefits, well equipped shop. Apply to Ray, Pioneer Ford, Box 355, Consort, T0C 1B0, 403-577-3599. 13-2-49

COUNTY OF VERMILION RIVER is accepting applications for the position of Heavy Duty Mechanic. Send resume and salary expected by Dec. 21, 1994 to: Box 69, Kitscoty, AB, T0B 2P0. 13-1-49

REQUIRED IMMEDIATELY, picker operators, bed truck, and winch tractor operators, also H.D. mechanic. Send resume to: Box R, c/o the Bonnyville Nouvelle, Box 8174, Bonnyville, AB, T9N 2J5. 13-4-50

EXPERIENCED H.D. MECHANIC required immediately. Heavy truck experience a must. References required. Fax resumes to: Les at 1-403-675-2724 or phone 403-675-5888, Athabasca, AB. 13-2-50

7 ENTERTAINMENT
EVENTS

WIN!!! MINI/HEIFERS RAFFLE - 12 bred heifers or \$14,400 cash! 3/\$200 draws. Tickets \$15.00; 2000 printed. Draw date Dec. 26/94. Call Woody's Trophy 724-4413. Visa accepted.

WANTED WINNERS for Carbon's Instant Rancher Raffle: 1995 GMC 4X4 1/2 ton truck, 30 heifers, 1995 Holiday Trailer, 15 heifers, 5 heifers, 5 cash prizes totaling \$10,000. (Total prizes of \$120,342.) Price \$50. 5,000 tickets printed. Draw Dec. 31/94. Phone: (403)572-3133, Terry Reed. Box 9, Carbon, AB, T0M 0L0. Visa and Mastercard accepted. License #R110365. 10-8-49

MANAGING AGRICULTURE FOR PROFIT '95 Conference, Red Deer - Jan. 31 to Feb. 2. Leading-edge agricultural information. Contact Alberta Agriculture or Agriculture Financial Services Corporation, or call 1-800-387-6030. 10-8-4

INSTANT RANCHER RAFFLE: Brooks' E.I. Ag Society's 3rd annual: 50 bred heifers, 2nd prize \$2,500., 3rd prize \$1,500., 4th prize \$1,000., 5th prize \$500. Information write: Box 1092, Brooks, AB, T1R 1B9 or 1-800-787-5253, local 403-362-2262, \$50/ticket, 2,500 tickets printed, draw Dec. 31/94, license #R115525. 10-4-49

PLAY \$100,000. + Super Bingo, Camrose Regional Exhibition, Sat., Dec., 3. Doors open: 9 a.m. Early bird starts 11 a.m. Tickets \$100. Ticketmaster or call 1-800-223-7028 (Visa/Mastercard). 10-3-50

ANTIQUES AND COLLECTABLES sale, Mayfield Inn Trade Center, 16615-109 Ave., Edmonton, Dec. 3, 4, Sat., 9 a.m. - 7 p.m. Sun., 9 a.m. - 5 p.m. Furniture, china, postcards, toys. Free parking. Door prizes. 403-987-2071. 10-2-49

COWS PARADISE LOTTO. Grand prize 116 acre ranch with 40 bred cows, mobile home and \$2,300. per year oil revenue. Olds/Sundre area. 12 other cash prizes. Tickets \$50. each, 3/\$100. 403-932-2697 or Box 639, Cochrane, T0L 0W0. Licence #114279. 10-2-49

8 FEEDS AND SEEDS

QUALITY ROUND HAY bales cheap. Free delivery and self-unloading. No Sunday calls. Wanted diesel supercab or crewcab truck. Any condition. Phone 403-843-6380. 17-5-52

Lakeland Marketplace**Lakeland Marketplace****Lakeland Marketplace****Lakeland Marketplace****8 FEEDS AND SEEDS**

MIXED HAY FOR SALE: Large square bales. 1994 crop \$2, 1993 crop \$1., or will trade for livestock or machinery. Call 724-3870 evenings.

FOR SALE - Large quantity of excellent quality big, round hay bales. Will deliver. Call 636-2892 after 6:00 p.m. (Vilna).

BASSANO FEEDS - "The livestock feed specialist," specializing in custom rations, beef supplements, range cubes, dairy feeds. Consistent competitive pricing, November and December special 14% protein, all natural range cubes \$114 per tonne F.O.B. Bassano Trucking can be arranged. Phone 641-2200 (Ron or Rudy), fax 641-2233.

17-1-49

9 FOR RENT

2 BEDROOM HOUSE FOR RENT in Elk Point. Available Dec. 1/94. Call 724-3781.

1 BEDROOM HOUSE - Newly renovated, fridge, stove includes, easy walking distance to downtown or hospital. \$325 per month, no pets. Call MacFarlane's 853-6484 Vermilion.

1 BEDROOM HOUSE for rent with cable. Available Dec. 1. 724-3776 or 724-3961 ask for Sharon.

LOVELY WELL KEPT FARM HOME - Overlooking Derwent Village, \$300. Phone Carl 466-5263.

3 BEDROOM HOUSE - in Central Elk Point, includes utilities, \$500.00. Phone 1-435-1481.

3 BEDROOM HOUSE IN CENTRAL ELK POINT. Includes utilities. \$500. Phone 435-1481.

10 FOR SALE

FUTURE STEEL BUILDINGS - Quonsets 25' X 30', \$5,462., 30' X 40' \$6,593., 35' X 50' \$8,478., straightwall quonsets 25' X 30' \$5,922., 30' X 40' \$6,999. Endwalls, sliding doors, freight to Edmonton, GST included 1-800-668-5111.

19-4-49

LIQUIDATING store fixtures - Woolco. Showcases, counters, metal gondola shelving, garment racks, and much more. Corner of 92 Street and 107 Ave., Edmonton. (403)420-0345.

19-1-49

60' X 90' X 14' FARM SHOP, straight wall, galvalume cladding, \$19,975. Coloured cladding, doors, windows, labor and freight extra. Master-Craft Buildings Systems Ltd. 1-800-432-1836 Calgary (403)269-4117.

19-1-49

SHAFTED BY THE LEGAL SYSTEM? Learn the facts! Order this best-selling book: "The Lawyer in the Prisoner's Box" by Alberta Lawyer Orest Rusnak. Don't start reading this book if you must go to work tomorrow! Special Christmas offer: \$20. Send cheque or money order: P.D.Y. Books, P.O. Box 5191, Leduc, AB, T9E 6L6.

19-1-49

1 - 1992 648E Grappler skidder 30.5 X 32 rubber on back, 50% front, s/n: DW648ES532677; **1 - 945 Fiat Allis Cummins engine log grapple**, 29.5 - 29 grapple; **1 - 1987, 515 dresser loader**, lumber forks 17.5 X 25 rubber, 30-40% s/n: 3390139c004SS6; **1 - 1980, 390 Cat forklift** 17.5 X 25 rubber side shift s/n: 41K10548; **1 - Cat 950E loader** 23.5 X 25 L4 rock tires 50-60% log grapple and guarding package s/n: 22204993. Phone 403-523-4544.

15-1-49

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15-2-50

13 LIVESTOCK

FOR SALE - 15 Charolais Simmental crossbred cows, start calving 1st of March, bred Simmental, 3-8 years old, preg. tested. 6 Charolais Simmental crossbred heifers, weight 1200 lbs. Will take some hay on trade. 847-3050.

FOR SALE - 75 exotic bred heifers bred to limousin bull. Priced very reasonable. Two Hills area. Phone Ron 467-3003.

SIMMENTAL HEREFORD crossbred heifers. Preg. checked. To start calving Feb. 25. Bred Saler. 853-2631.

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NORTHEAST ALBERTA BEEF BREEDERS ASSOCIATION - 16 breeds, 50 producers. Quality breeding stock. Call NEABBA: Bonnyville / Grand Centre 594-2119; St. Paul 645-1881; Lac La Biche 623-7851; Marwayne 847-2380; Willingdon 367-2528.

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24-2-49

FOR SALE: registered black Angus, February calving. Cows bred to the industry's best bulls. Also package of 1994 heifers. All sisters 800 lbs. Phone 403-349-4091.

24-1-49

COW EXTRAVAGANZA, Dec. 3/94, 10 a.m., Nilsson Bros., Clyde, Alberta. On offer will be 500 - 600 cows and heifers. This reputation cow sale offers buyers a unique opportunity to purchase commercial 'bred' livestock from selected herd dispersals. For more information and a sale listing phone 403-348-5893, Nilsson Bros., Clyde.

24-1-49

15 MACHINERY

FOR SALE - 24-ft. Melroe 204 press drills built-in transport, 1986. Not used last 5 years, done approx. 4000 acres. Will sell or take some hay on trade. Phone 847-3050.

1978 JD 3130 - 2550 hrs., hi-lo trans., 3-pt., rollbar / sun-cap, excel. rubber, incl. 3-pt. round bale handler, A-1 unit; Cockshutt 40 c/w farmhand FEL, 10-bale fork, loose hay basket (steel teeth), round bale fork, manure / dirt bucket, snowblade, very good rubber. 826-2606.

16 MISCELLANEOUS

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30-4-49

99TH STREET FLEA MARKET, Edmonton, 9908-65 Ave. 403-435-2768, open everyday till Christmas 11 - 5:30 p.m. Gifts, tools, furniture, sports cards, antiques, collectables, clothing, crafts, sausage, produce, miscellaneous.

30-1-49

POETRY CONTEST \$24,000. in prizes yearly. Possible publication. Send one original poem 20 lines or less: National Library Of Poetry, Box 704-1366, Owings Mills, MD 21117 U.S.

30-1-49

FOR SALE: Several Phoenix VHF mobile phones. Also wanted: Aurora 4300 mobile phones. Please call Dan McEachern at 403-468-2312, Edmonton or 1-800-732-8291.

30-1-49

17 NOTICES

OSTRICH & AUTO RAFFLE! Win 3 ostriches, or 1995 Chrysler New Yorker or 1995 Dodge 2500 Club Cab 4 X 4. Tickets \$20. Mail cheque or money order to: Agricultural Society Raffle, Box 5271, High River, AB, T1V 1M4.

32-2-50

NOTICE: The Nanton Hubcap Society's Vacation Getaway Raffle, license #R112566, that was to be held from November 1994 to October 1995 has been cancelled due to insufficient sales. Purchasers will be refunded.

32-1-49

INTO CANADIAN CULTURAL EXCHANGE FOUNDATION. A new Alberta student exchange requires experienced and new program coordinators and host families. Phone: 403-944-6864 or 1-800-554-4686 please call.

1-1-49

18 PERSONAL

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34-4-51

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34-1-49

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34-1-49

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34-1-49

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34-1-49

20 REAL ESTATE

MOVING TO CALGARY area? Interested in condominium lifestyle? Starting at \$89,900! Custom design your own interior. Call Bruce or Duane for details. Melva Grey & Associates Realty Ltd. 403-283-2225 collect.

36-2-49

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36-1-49

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28-4-49

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28-5-50

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40-5-49

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40-1-49

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40-1-49

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43-2-50

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43-1-49

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43-1-49

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45-1-49



Heinsburg girls best sports.

So what, they're not the provincial volleyball champions - they are the best sports in 1A Girls Volleyball.

Heinsburg Eagles proudly brought home the

Sportsmanship banner from provincial competition at St. Jerome's High School in Vermilion, where they finished just out of the medals, in fourth place overall, out of 8 teams from across the province.

Bow Island Senator Gershaw Gators were declared provincial champions, with Consort Stingers second and Eaglesham Sonics third.

Eagles' coach Adrian Kiss considers the Sportsmanship designation "very, very nice. It was voted on by all the other teams, coaches and officials.

We're wondering if sportsmanship isn't really more important in the long run, anyway." He said the Sportsmanship banner is large and very impressive, and will no doubt be hung in the school gym along with the school's numerous SPAA banners.

The Eagles had "a really good time" at the tournament, which Kiss said was "very well run. Paul April and Dave Sader of St. Jerome's should be commended, as should all the parents and students who helped with the tournament."

Thunder has win, loss on weekend

Elk Point Thunder Midgets had some good news and some bad news for fans after their road trip this weekend. Saturday night's game in Provost yielded them a 8-7 win, while Sunday evening's contest with Kitscoty gave Thunder their first loss of the season.

Saturday night was hat trick night for Danny Flett, who scored two of the three unassisted, and assisted two other goals. Monte Kenyon, Richard Piotrowski, Ricky Robinson, Mark Woytkiw and Jeff Hughes scored one apiece, two assists came from Irwin Easthope, with one apiece from Jacques deMoissac, Travis Pankiw and Monte Kenyon.

Thunder suffered a 7-4 loss against Kitscoty in Sunday's game. Scoring for Elk Point were Irwin Easthope, Richard Piotrowski, Ricky Robinson and Danny Flett, with two assists each for Jacques deMoissac and Irwin Easthope, one each for Rene deMoissac, Travis Pankiw and Jeff Hughes.

Thunder will have a chance to avenge Sunday's loss when Kitscoty makes a return visit to Elk Point Friday night at 8:15 p.m. Make sure to come out for some great hockey action!

Frog Lake comes up short in final

By Bruce Campbell

St. Paul Journal

You can't win a volleyball championship if you can't serve the ball — every point starts with a serve.

The Ecole Mallaig Stingers served themselves to their second St. Paul Athletic Association junior high school boys' volleyball championship in three years by beating the Frog Lake Knights 2-0 (15-9, 15-13) in the finals Wednesday at Kihew Asiniy Education Centre.

"We served very aggressively," Stingers' coach Chuck Hebert said. "We served at certain players on their team and it worked out for us."

The Stingers waltzed their way to the finals going undefeated in the round-robin. They then beat the F. G. Miller Crusaders 15-3, 15-5 in the semifinals.

Hebert wasn't surprised to meet the Knights in the finals.

"We knew they would be the team we would have to beat," Hebert said.

The Stingers took a quick lead in the first game, taking an 11-5 lead. Frog Lake was able to battle back to close the gap to 11-9.

But then the Stingers' Bernie McGilvery got the ball.

McGilvery served three bullets that the Knights were unable to return to give the Stingers a 14-9 lead.

The Stingers went on to win the game 15-9.

It appeared the Stingers were going to get home in time to watch The Simpsons — they jumped out to a 5-0 lead early. Frog Lake came back and took a brief 8-7 lead. The Stingers then kicked into high gear to take a 13-10 lead.

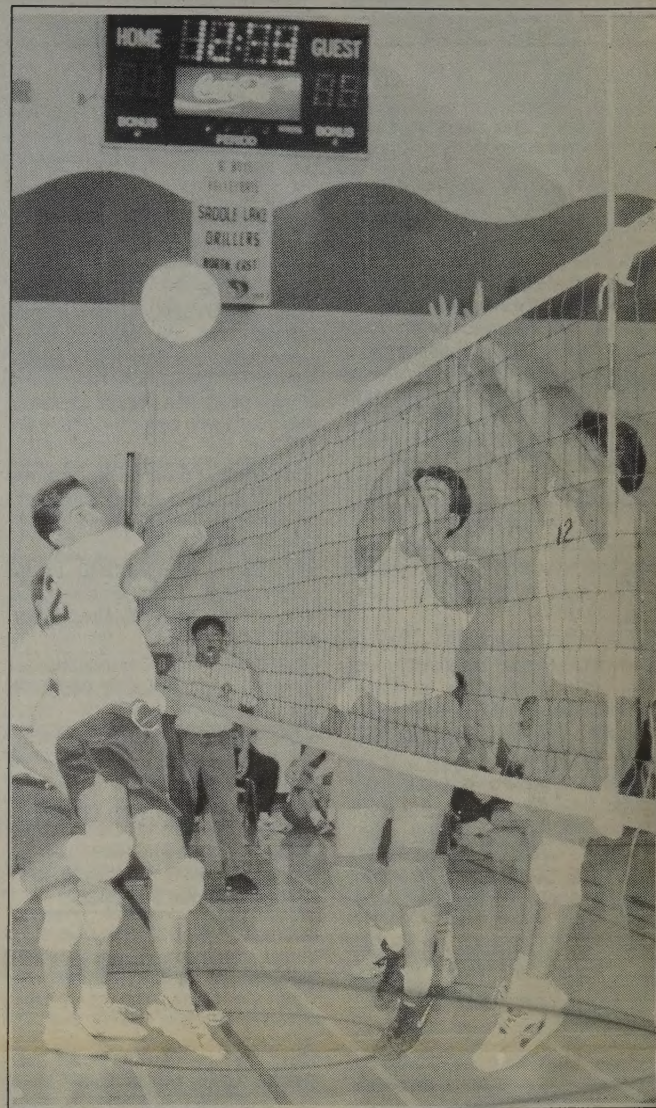
Frog Lake was able to tie the score at 13-13 but wound up losing the game 15-13 when a Knights' return of a Mallaig spike went out of bounds.

Knights' coach Val Levasseur was pleased with her team's performance.

"We didn't get slaughtered like some people thought we would," Levasseur said. "I'm proud of what they've accomplished. Mallaig has a wonderful team — very strong and disciplined."

She said her team might have gotten a case of the nerves in the finals.

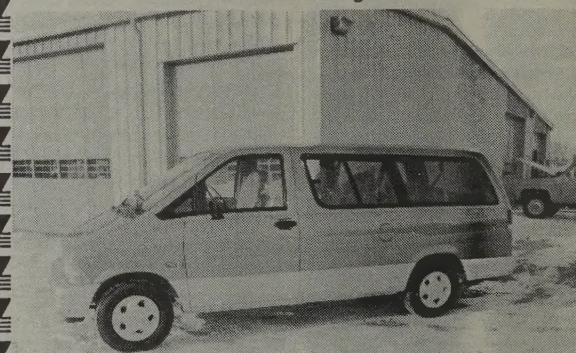
"We got a little nervous when the score got tight," she said. "We quit hitting the ball. We started tipping the ball and you can't tip against Mallaig and win."



ACTION AT THE NET - Frog Lake's Gerald Okanee (12) goes up for a block in the Junior High School County Cup finals, Wednesday. Frog Lake was defeated by the Mallaig Stingers.

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